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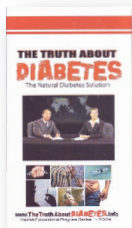
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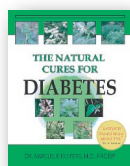
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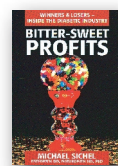
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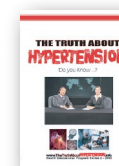
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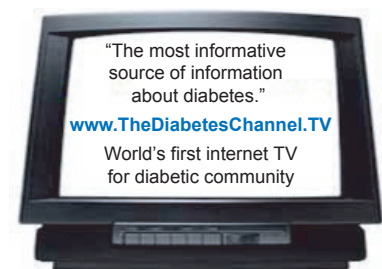
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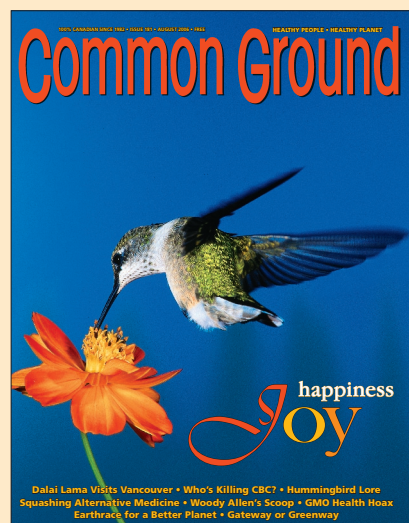
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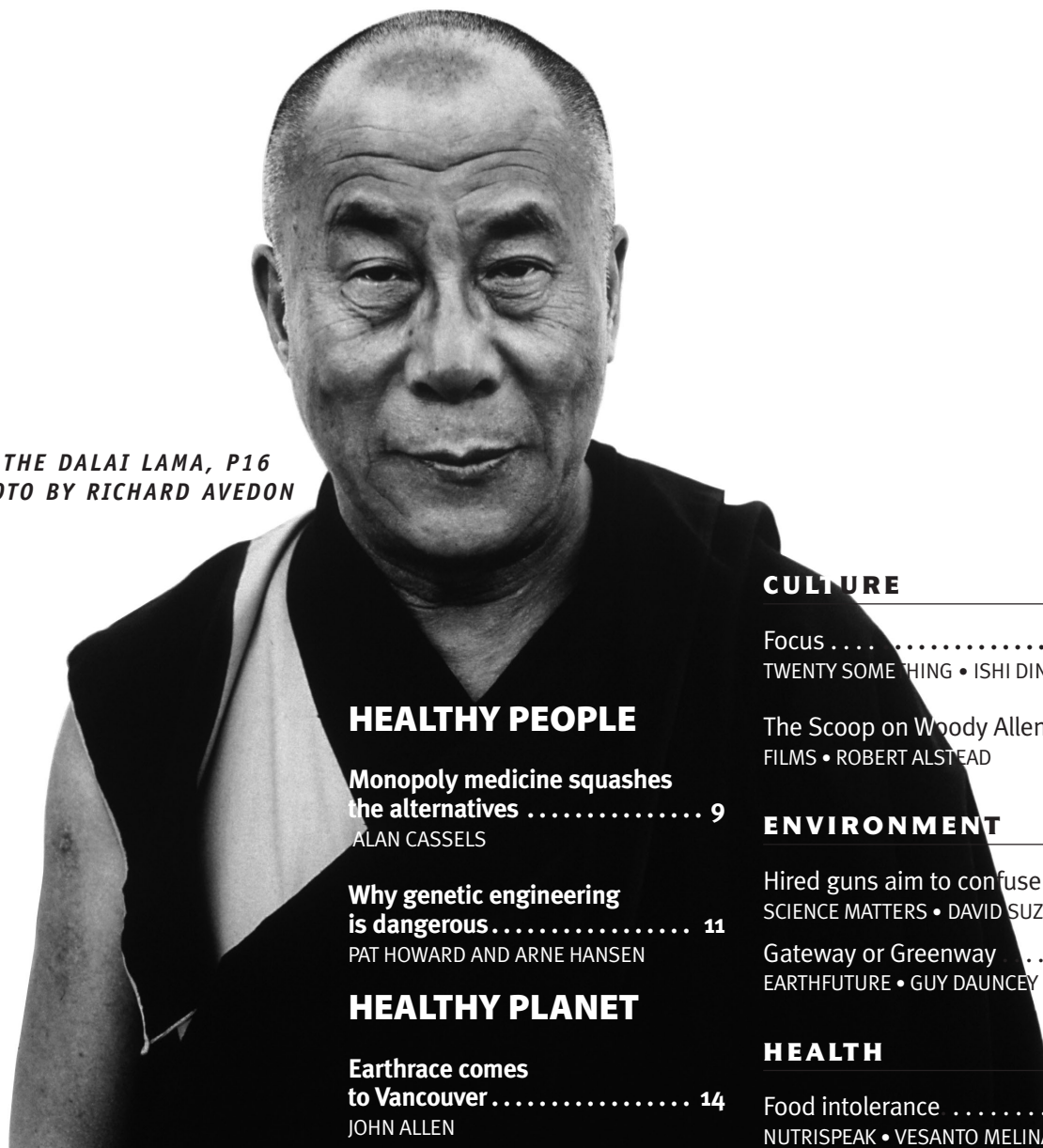
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**PHOTO BY RICHARD AVEDON**



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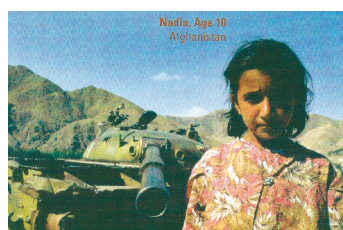
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# Who's dumbing down the CBC?

BY GEOFF OLSON

Canadian Broadcasting Corporation. Mothercorp. The Corpse. Whatever you call it, our public broadcaster elicits a wide range of responses from the public, from calculated contempt, to studied indifference, to impassioned support. But few Canadians can imagine living without it, even the majority who rarely tune in. We have sentimental attachments to Mothercorp, along with the predictable baggage of familial resentments.

Last month, former CBC broadcaster Knowlton Nash's wife, Lorraine Thomson, read his acceptance speech for a lifetime achievement award from the Canadian Journalism Foundation. In his speech, Nash slammed his former employer for its decision to simulcast a US reality show for the first time in its history, bumping the evening news to a later time slot for viewers east of Manitoba. The ABC production in question, *The One: Making a Music Star*, is produced by the same people responsible for *Fear Factor*.

"If the CBC really wants reality TV, let people get the reality of what's happening in the world by turning on *The National* at 10 pm every night," Nash's wife read to loud applause.

We all know the line between news and entertainment evaporated sometime between the trials of O.J. Simpson and Michael Jackson. Yet the CBC news division has mostly resisted the descent into a mental Munchkinland. So it seems all wrong when the signal from our Eastern-based Oz turns to static, and the little man behind the curtain is revealed to be a faceless bean counter obsessed with ad revenue from American exports.

In an interview last month with *Common Ground*, former CBC chair Patrick Watson noted the dire effects of the corporation's budgetary model. "Our public broadcaster has let us down terribly by conceiving, 24 years ago, that its morality should be the same as independent broadcasters, and that it should compete with them for audience numbers and revenue. That's not what a public broadcaster is supposed to do."

"We have the obscenity of our public broadcaster, for which Canadian taxpayers are paying about a billion dollars a year, running American movies on Saturday night at eight o'clock."

When it comes to American influence on Canadian culture, can't our public broadcaster even put on a nominal show of resistance, even if it has to get Ben Mulroney to host it?

It's all terribly ironic, when you consider the Canadian Broadcasting Corporation was conceived by an Act of Parliament in 1933 to safeguard us against being overwhelmed by US culture. Call it the revenge of unintended consequences, but the parliamentary gnomes who midwived the CBC could never have predicted their child prodigy would one day grow up into a family embarrassment, miming show tunes and looking south of the border for quick cash and the casting couch.

munications released a report on the state of media in Canada. The report urges the CBC to abandon its pursuit of revenue via advertising, which largely translates into taxpayers subsidizing dubious fare like reruns of American sitcoms. The CBC must be properly funded, the senators insist, if it is to continue with its mandate.

Death and taxes aren't the only certainties in life. "You get what you pay for" is a fairly reliable phenomenon too. From the '50s to the '70s, the CBC was considered one of the

seven and a half times the CBC budget, yet Britain has only twice the population of Canada. (Much of the BBC's money comes directly through mandatory television licence fees.) Whereas Britain's BBC receives \$120 per capita in public subsidies, the CBC receives only \$32.

According to Suzanne Alyssa Andrew of *This Magazine*, Canada has a ranking of 22 out of 26 among the Organization for Economic Co-operation Development countries. Yet, as Andrew notes, Canada "... spends less on public broadcasting than most countries in the rest of the western world."

That is not some bureaucratic oversight or a minor issue for policy wonks. If an effective, committed public broadcaster degrades over time, as many neocon pundits would prefer, who will tell the people? Can we trust the private media, fixated on superstar CEOs, pregnant celebrities and the bread and circus of reality programming, to tell us what we need to know to govern ourselves effectively? Considering what the CBC could do, and doesn't, and what it still does remarkably well against all odds, the continued erosion of our greatest public asset can only be described as a national disgrace.

Dan Macleod (not the *Georgia Straight* editor) worked as a producer and reporter at the CBC from the '80s through the '90s and witnessed plenty of dysfunctional behaviour from his colleagues. There have always been prima donnas and players among the troops – inevitable in any large organization – but Macleod also notes how CBC workers have been beset by the effects of chronic cutbacks.

"Some music producers double as hosts, for example," writes Macleod in an article published at mediachan-



While Radio Canada is commercial-free, 40 percent of CBC television is subsidized by advertising, which may have something to do with the relative quality of the two divisions. However, even that distinction is fading. As Canada is disassembled through deep integration, CBC Radio spends inordinate amounts of time fiddling with the "National Playlist," a selection of listener's pop music favourites. It's meant to appeal to a younger audience and there's nothing wrong with that, assuming management doesn't start condescending to the audience with shock jocks and *Morning Zoos*. Yet on Saturday mornings, CBC Radio One is starting to sound more and more like the same sort of demographically driven drivel found across the radio band.

Last month, the senate standing committee on transport and com-

world's great public broadcasters. You can trace today's rot back to a set of severe cutbacks that began in the '80s.

---

***"If the CBC really wants reality TV, let people get the reality of what's happening in the world by turning on *The National* at 10 pm every night," – Lorraine Thomson, wife of former CBC broadcaster Knowlton Nash.***

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According to a *Toronto Star* editorial on the senate recommendations, the "... buying power of CBC's government grant has fallen by 20 percent in the past 15 years, even as the CBC audience has been eroded by a wave of new specialty channels."

Yet other nations' public broadcasters have soldiered through the cable universe. Today, the BBC has

nel.org in 2000. "In 1996, my last stint with CBC radio, the office secretary was failing to do two jobs at once, while the host of the noon show was coming in early to do the morning show's press review."

"Shows become exec heavy, as freelancers, then contractual workers, were sacrificed. Broadcasts became studio-bound (even in radio, which



is absurd). Yet the always expensive, and often poorly done, 'special projects' continued on as if nothing was wrong."

Dan Oldfield, journalists' union rep in Toronto, told Macleod, "Productivity is up nearly 50 percent from what it was a decade ago," although this doesn't necessarily mean the output reflects the input.

In the lead-up to last year's lock-out of workers, CBC management demanded greater "efficiency" from the company, meaning more outsourced jobs. Yet with a third of the workforce already part-time, the CBC employee of today performs multiple duties and has become "... as nimble as an East European gymnast," according to reporter Anthony Germain.

During the lockout, I heard firsthand from local staffers how being

winds and sunrise and sunsets were part of the broadcast schedule. "Inuit hunters rely on this information before setting out," Kusugak says.

These are people who need reliable information fast; the unlikely addition to their television cable package of a Toronto-based "First Nations World" probably wouldn't cut it.

When the CBC supports the creative enterprises of its best and brightest, the results can be luminous. Consider CBC Newsworld's *Passionate Eye*, a documentary series, which not only features films from US public broadcaster PBS and England's BBC, but also some splendid in-house productions like Bruce McKenna's *Big Sugar*, which examined the predations of the sugar industry around the world. Yet inexplicably, the CBC barely promotes the *Passionate Eye*, even on its own network or its online

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*The parliamentary gnomes who midwived the CBC could never have predicted their child prodigy would one day grow up into a family embarrassment, miming show tunes and looking south of the border for quick cash and the casting couch.*

---

bounced from one task to another made it difficult to complete quality material in a reasonable time-frame. The end result, from Vancouver to Montreal, is today's shrunken, demoralized work force, with part-time workers performing multiple tasks, and those barely adequately, rather than doing a few tasks well.

Any answers to this systemic mess from the pundits? Commenting on the senate recommendations, Canadian media fixture Andrew Coyne suggests a middle path. Rather than eliminate the CBC entirely, Coyne offers a magnanimous solution: break up the broadcaster into separate fiefdoms competing for viewers, in the pay-per-view cable model of specialty broadcasters like Bravo or HBO. In addition to *Newsworld*, we'd have a *Sportsworld*, *Scienceworld*, *Comedyworld* and so on.

The trouble with Coyne's argument is that the CBC is meant to serve ALL of the country. Private services would find no profit margin in servicing the far-flung communities of Canada with regional programming.

For example, The CBC Northern Service is a vital lifeline today for Inuit across the Arctic. "Radio continues to be king in the Arctic, the medium of choice for an oral culture," notes Jose Kusugak, president of Canada's national Inuit organization.

In a *Toronto Star* article, Kusugak stated that flight information, medic-vac flights, school closings, weather conditions, high tides, low tides,

web site. (To get regular updates on upcoming shows, I had to join an email listserve.)

A similar silence surrounds the superb evening radio series *Ideas*. Critics bemoan that only a small fraction of the Canadian public tunes into the CBC – less than five percent, according to one statistic – and they question why the many should subsidize something enjoyed by the few. Yet if the CBC itself can't inform the public as to what's on, and when, then the critics are right in one sense: the problem does indeed originate at the source. But the problem isn't one of excellence per se; it's management's poor promotion of the best output from its workforce.

The promotional angle is especially important, given that the CBC is one of the few venues that can effectively showcase Canadian talent. Dan Macleod notes that the CBC makes it possible for musicians to get heard. Especially in French. "They're paid for a radio or TV broadcast and walk away with a demo with which to get more work. Young filmmakers often get their first shot on CBC, and little-known Canadian writers sometimes find themselves semi-famous," says Macleod.

During last year's lockout, Allison Urowitz, sales director at the Vancouver-based publishing group Douglas & McIntyre, told me of the difficulty the company had promoting Canadian titles with its principal publicity outlet gone. Sharon Klein, the deputy director for publicity at

Random House Canada, noted that the CBC accounts for 80 percent of her business.

Like it or not, the CBC is one of the central pegs supporting our cultural industries. It's hardly a secret that Canada grew from a beaver pelt backwater to a world player through state support of the domestic economy. All industrial democracies, including the US, grew and flourished through similar state-supported startups. So it's no coincidence that the first round of severe CBC cutbacks began in 1984, a time when the Darwinian vision of Margaret Thatcher and Ronald Reagan became the gleam in the eye of an Irish boyo named Brian Mulroney. The election of the former lawyer from Baie Comeau signalled the beginning of the end for Canada's cultural Keynesianism.

Across the western world, we are seeing the rise of a kind of Stalinism for the wealthy and powerful, with public assets thrown into a geopolitical yard sale. In spite of what we've been told otherwise, domestic arts and culture are out on the lawn too. And what will replace them? Dumb-downed, one-size-fits-all news and entertainment shows, cooked up by a few borderless megacorporations.

In a regime of growing personal surveillance and weakening social bonds, we are defined, and data-mined, as consumers, rather than citizens. As democracy morphs into kleptocracy, policy makers in the Anglo-American empire see venues like PBS, the BBC and the CBC as quaint relics from the past, ready for the scrap heap, unless they can be hammered into compliant vehicles for corporatism. For now, the elliptical humour of a Lorne Elliot or the nuanced thoughts of an Eleanor Wachtel are useful only as long as the audience is kept distracted.

Looking over the CBC's past 20 years of chronic cutbacks, one wonders how much of the pattern is by design rather than default, and what the end game is:

Underfund.

Underfund some more.

Repeat until it no longer effectively serves a now indifferent audience.

The promotion of privatization by private media.

Privatize and/or eliminate altogether.

I remain ambivalent about the CBC. But I'm also a romantic when it comes to our broadcaster, in the sense that most Canadians are, though we may find it hard to define. I think it's because this public entity, with its bad, fractured plate of a logo, has some very real connections to our inner lives.

I can't hear the old *Hockey Night in Canada* theme without some Proustian

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Stiffness, arthritis and aching joints. What do these have to do with diet? The causes of various forms of arthritis are complex and sometimes little understood. Yet, recent research indicates that certain foods can significantly affect arthritic symptoms for some people. For example:

- For some individuals with rheumatoid arthritis, osteoarthritis or fibromyalgia, avoiding certain foods reduces symptoms.
- Ensuring adequate amounts of essential nutrients (omega-3 fatty acids, vitamin D and vitamin B12) improves overall health and may alleviate symptoms.
- Weight management can reduce the burden on the joints of those with osteoarthritis and gouty arthritis.

While researching our recent *Food Allergy Survival Guide* (Melina, Stepaniak and Davis, Healthy Living Publications), I was intrigued to find that for a number of conditions: arthritis, attention deficit hyperactivity disorder, depression and headaches – the potential roles played by food sensitivities and diet are often neglected for a number of reasons:

1) With arthritis, for example, the forms and causes vary from one person to another and can involve multiple origins.

2) Food intolerance reactions often occur hours after the food is eaten, by which time numerous foods and beverages have been consumed, making trigger foods difficult to track.

3) The degree of reaction is affected by other lifestyle factors: medications, intestinal infections, general health, exercise and the amount consumed of an offending food.

4) Entirely different foods trigger different reactions in people. In a group with similar arthritic symptoms, some are adversely affected by dairy products; for others, the culprits are meat, wheat, citrus fruits or plants in the nightshade group. Some find that their condition improves with an increased intake of omega-3 fatty acids. Others are unaffected by dietary modifications. Thus, no single change helps everyone with arthritis.

An early report on diet and arthritis appeared in the *British Medical Journal* in 1981 after a woman's symptoms of rheumatoid arthritis disappeared when she entirely avoided corn. In recent decades, Scandinavians have taken the lead in exploring this field: In Norway, 53 people with rheumatoid arthritis were divided into two groups. Over four months, half of the group followed a nutritious diet free of animal products – meat, fish, poultry,

eggs, dairy, products – gluten (wheat protein), citrus fruit, sugar, caffeine and alcohol. The others remained on their regular diet and consumed all of the aforementioned items. About half of those on the experimental diet showed significant improvement and a reduction of symptoms, compared with improvement in only two of the people, who followed their regular diet. Next, those whose symptoms had improved with dietary change gradually challenged themselves to determine their individual trigger foods.

- Swedish scientists found that a vegan (no animal products) and gluten-free diet improved the signs and symptoms of rheumatoid arthritis for 40 percent of participants.
- For some, a vegan diet containing plenty of raw foods has proven to reduce symptoms of fibromyalgia.
- Joint pain is linked with consumption of meat, dairy products, chocolate and nightshade vegetables for certain individuals.
- Avoiding obesity and excess alcohol can reduce the risk of gouty arthritis.
- An optimal intake of omega-3 fatty acids (found in flaxseed oil or walnuts) may have beneficial effects for inflammatory disorders, such as arthritis. Borage oil or evening primrose oil (not to be used during pregnancy) may also have anti-inflammatory effects.
- Ginger has a long tradition of use in China, India and Tibet in the treatment of osteoarthritis and rheumatoid arthritis; recent research lends support. Furthermore, freshly grated ginger can certainly pep up a stir-fry!
- Finnish researchers are investigating the use of probiotics (beneficial intestinal bacteria) to reduce symptoms and improve quality of life for some with juvenile chronic arthritis or mild rheumatoid arthritis.

Tracking down one's possible food culprits is time-consuming and involves awareness and detective work. Diet revision should be viewed as an experiment, not as a guaranteed cure, and further research will be welcomed. Yet for some, the improvement in quality of life is superb.

Vesanto Melina, MS, RD, is co-author of seven food and nutrition classics. The *Food Allergy Survival Guide* includes valuable information on diet and various conditions, guidelines for discovering your own food sensitivities, meeting nutrient requirements at all ages despite food sensitivities, plus outstanding recipes that are free of all of the top allergens. [www.nutrispeak.com/](http://www.nutrispeak.com/) and [www.foodallergysurvivalguide.com/](http://www.foodallergysurvivalguide.com/). [vesanto@nutrispeak.com](mailto:vesanto@nutrispeak.com) or 604-882-6782.

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# Monopoly medicine squashes the alternatives

HEALTH

DRUG BUST • ALAN CASSELS

After 12 years of conducting research in and around the pharmaceutical industry, I have developed a single, compelling hypothesis. Orthodox medicine, which is supported by, partnered with and sometimes dependent upon the pharmaceutical industry, has worked to squash the competition and effectively deprive us of alternatives to prescription drugs – primarily vitamins and herbal treatments – and other potentially useful treatments.

There, I've said it. The problem is I am not sure I believe it.

I mean, can Big Pharma really wield that much power over the medical orthodoxy and push complementary and alternative medicine (CAM) to the margins, where it may be ignored or otherwise not taken seriously?

If this is true, where's the evidence? Show me the smoking gun, I say.

Thus begins my journey to see if there is enough evidence to prove or disprove this theory and to determine if modern healthcare – the monolithic and largely pharma-centric enterprise that it has become – has been able to so thoroughly dominate the field of medical practice that safe and effective alternatives go unused.

Essentially, I would define "alternative" treatments as those that are not produced by corporations, which are granted monopoly licences (patents). In other words, today's medical orthodoxy largely, but not completely, involves patentable products that are controlled by federal regulation, pre-

scribed by doctors and dispensed by pharmacists. Western industrial medicine has marginalized anything that isn't... well, industrial.

Regardless of whether a treatment is patented or not, there are commercial vendors deceptively hawking and hyping medicine of all sorts, both inside and outside the sacred paradigm of modern drugs'n'surgery medicine.

If you think that orthodox medicine has cornered the market on vir-

able to perpetrate before or since.

To help me on my quest to find the smoking gun, I consulted an expert in our own neighbourhood, Dr. Warren Bell, a family physician in Salmon Arm and the president of the Association of Complementary and Integrative Physicians of British Columbia. For more than 20 years, Dr. Bell has been involved in issues of social development, the environment and global health. He speaks thoughtfully, pausing carefully to pluck *le mot*

*The pharmaceutical industry, which is at the centre of modern medicine, employs a number of methods to deal with the "competition," including reducing the influence of a range of effective biological remedies, or CAM (complementary and alternative medicine) that may threaten corporate profits.*

tue, however, you only need remember the Vioxx debacle, a fiasco of truly gargantuan proportions, where armies of rheumatologists-for-hire, celebrity salespeople, arthritis "expert's" and Astroturf patient groups all toiled together under accepted practices of modern pharmaceutical care. Yet even with all the well-meaning physicians, in the US, Vioxx morphed into a 50,000+ body count catastrophe, eclipsing anything that any unscrupulous vitamin or herb hawker has been

juste from the air, as he outlines the main reasons that alternative medicines continue to be kept out of many patients' hands.

Bell believes that any discussion about modern healthcare, if it does not include the growth of corporations, is incomplete, and he cites the increasingly large and ominous role that corporations play in defining, shaping and profiting from treating healthcare as an industry, and patients as commodities in this industry.

He also sees that the pharmaceutical industry, which is at the centre of modern medicine, employs a number of methods to deal with the "competition," including reducing the influence of a range of effective biological remedies, or CAM (complementary and alternative medicine) that may threaten corporate profits. He breaks down the methods into three broad categories: "controlling them, buying them, or discrediting them."

In terms of control, Bell refers to the modern push to use regulations to limit access to alternative remedies, the most striking example being the UN body called Codex Alimentarius, which has "... taken on the task [egged on by industry] of regulating biological remedies." The other way to deal with the competition is to buy it.

Since as much as 60 percent of the retail market for non-patentable biological remedies is owned by the drug industry, it is merely doing what many companies do: setting itself up to more readily capitalize on the markets' shifting winds. The companies can either profit from selling the alternative products or otherwise prevent those products from competing with the industry's most profitable (patented) products.

The last method, which constitutes denying or discrediting the alternatives, is where I see my search getting warmer. One of the undeniable ways that alternatives are discredited is by defeating them with science. On the

*continued on p.10*



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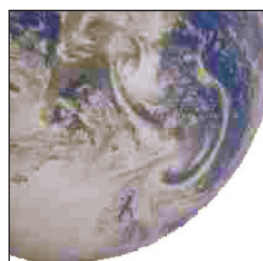
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*continued from p.9*

surface, most of us would agree that if the alternatives can't compete with pharmaceuticals on the basis of good science, then they don't really belong in a physician's armamentarium. As a society, we decided long ago that prescription drugs should not be marketed on the basis of untested claims. Therefore, should the alternatives not also be required to similarly prove their worth?

There are a 101 ways to answer this, but suffice to say that the bar for getting a product tested in a randomized, controlled trial is high. And it is largely within the realm of the lucrative patent drug producers to fund such studies. Since the bar is money, there is an automatic financial bias; call it the bias of tons 'o' money that, from the start, molds the shape of the evidence base, which underlies modern medical practice. Basically, if you can't patent it, why would you study it?

What this means is that perhaps much of the basic research behind the alternatives doesn't actually happen because there is no commercial

Pauling, who believed that high doses of vitamin C would strengthen the immune system. Pauling tested intravenous vitamin C (about 10 grams per day) and found that it extended the lives of cancer patients. After the Mayo clinic published its replication study (showing it didn't work), Pauling critiqued that study in detail and pointed out that where his research tested mega doses of intravenous vitamin C in cancer patients, the Mayo clinic study used oral doses. Curiously, those important critiques of these alleged replication studies, which show the alternative to be not so terrific, gain wide currency and become well known in medical circles.

So who would push the uptake and widespread attention to vitamins-don't-work" studies? Is this the smoking gun?

If you followed the money, you might find a guiding hand, but not necessarily the smoking gun in the industry's efforts to discredit the alternatives. We know there are more than 100,000 drug detailers (drug salespeople) on the streets in the US and about 5,000 in Canada, who, in

*Bias also creeps in through the industry facilitating studies that make the alternatives seem useless. Those negative studies are then published...*

incentive for that type of research. That, plus the fact that the amount of investment of public money is a pittance.

Bias also creeps in through the industry facilitating studies that make the alternatives seem useless. Those negative studies are then published, stating that vitamin E, oat bran or vitamin C do a lot less than you think they do. (Big Pharma more craftily tends to just bury its negative studies.) According to Bell, all of this helps "... facilitate the professional scepticism, which allows criticism [of the alternatives] to happen with ease."

While Andrew Saul, assistant editor of the online *Journal of Orthomolecular Medicine* (JOM) <http://www.orthomed.org/jom/jom.html> would agree with Bell, Saul would go much further. In an interview from his office in upstate New York, he tells me that "replication" studies to prove or disprove previous research are often set up to fail. Orthomolecular medicine uses high doses of vitamins to help treat and cure a variety of diseases from psychiatric illness to cancer. Despite very good evidence underlying orthomolecular medicine, there has been some activity to keep it at the margins. He tells me about a study that came out of the Mayo clinic a few years ago slamming vitamin C in cancer treatments.

It appears the Mayo clinic was trying to replicate some of the early work done by vitamin pioneer Linus

their daily visits to your and my doctor could very easily facilitate the delivery of the latest study showing that vitamin D didn't fare so well in osteoporosis-prevention, (delivered by a rep promoting the company's osteoporosis drug) or that vitamin E was less than stellar in treating heart disease, (dropped off by a helpful cholesterol drug saleslady).

Are there any examples where the drug industry has actually funded a study to show that the alternative competition (herbal treatments or vitamin therapy) has been proven in a clinical trial to be just plain lousy? Typically, the drug manufacturers wouldn't want their fingerprints on such studies, but one recent example that comes to mind, and there are many more, involves a study of St. John's Wort (a flowering herb) for treating mild to moderate depression.

Other cultures have embraced herbal treatments more fully than we have in Canada and I bet Canadian doctors would be surprised if they knew that St. John's Wort is the number one selling antidepressant therapy in Germany. There are more than two dozen published studies that show St. John's Wort improves depression in patients, compared to placebo. Yet some say the studies are not without their weaknesses, citing short trials and small samples of patients, a criti-

*continued on p.24*



# GMOs untested and dangerous

BY PAT HOWARD AND ARNE HANSEN

"The Canadian GM risk assessment process is so simplistic that not a single submission has ever been rejected in Canada. Everything submitted, almost wholly by industry, has been accepted," according to Ann Clark PhD, one of this country's leading experts on the dangers of genetically modified organisms.

"The Canadian GM regulatory process is a ruse, claiming to safeguard human and environmental health, but actually intended to facilitate commercialization of GM crops," according to Dr. Clark.

In a 2005 brief to Parliament regarding its controversial Bill C-27, Clark warned that if the federal government passes the pending Canadian Food Inspection Agency Enforcement Act, it will have voted to, "Facilitate international trade primarily by streamlining inspections, replacing Canadian assessment with those by foreign powers, and harmonizing regulations with the US and other countries, all of which challenge, rather than safeguard, the health and safety of Canadians."

Clark is an outspoken critic of Canada's regulatory policies and the processes related to field trials and commercial production of genetically modified crops, whether modified to produce pesticides in every cell of the plant, to resist spraying by soil-sterilizing herbicides, or to produce proteins for medicinal or industrial uses.

She provided expert advice to the Royal Society of Canada Expert Panel on Food Biotechnology in 2001. The panel, the most influential and respected group of scientists in the country, concluded that the "regulatory process was severely flawed," despite the government's claim that ours is the best regulatory system in the world.

Beth Burrows, president and director of the Edmonds Institute, a public interest organization working on ecology, technology and social justice, tells us that "Genetic engineering increasingly means agribusiness and pharmaceuticals, two industries already important as sources of funding for science, higher education and those who run for office. Talking biosafety can mean putting one's job and financial security at risk.

"Even diplomats charged by their governments to discuss biosafety balk at doing so, perhaps because they are also charged to protect their countries' industrial interests. The discussions that took place during the biosafety protocol negotiations begun in

1995 under the aegis of the UN Convention on Biodiversity were almost surreal in their avoidance of the topic [of bio-safety]," she stated recently.

Burrows ought to know. She has spent more than a decade attending UN biodiversity meetings and continues to provide vital background information on biosafety issues to Third World delegates negotiating these international agreements. Beth Burrows is founder of the non-profit public interest think tank, the Edmonds Institute, a "group of smart, passionate people working flat-out for environmental and social justice."

These critical remarks should be read in light of growing evidence of extremely serious impacts on health, environment and the livelihoods of Third World farmers. A European regulatory requirement for genetic safety testing, which is not required in Canada or the US, has revealed genetic instability in many GM crop varieties.

Scientists are finding harmful impacts on soil micro-organisms, beneficial insects and laboratory animals exposed to genetically modified crops and GE food. Farmers in India are committing suicide by the hundreds in Andra Pradesh and other states because of GM crop failures. ([www.navdanya.org/articles/seeds\\_suicide.htm](http://www.navdanya.org/articles/seeds_suicide.htm))

People and animals have become ill and even died after consumption or exposure to products containing genetically modified organisms. Unlike traditional plant breeding, in genetic engineering of crops, unrelated organisms, such as bacteria, are snipped apart and sections of their genes inserted into plants with unpredictable results. [www.gmwatch.org/archive2.asp?arcid=5705%20/](http://www.gmwatch.org/archive2.asp?arcid=5705%20/).

*Ann Clark and Beth Burrows are outspoken citizens of Canada and the US respectively who are not afraid to speak truth to power. Join them for a public forum: Watchdogs or Lapdogs? Is the Regulation of Genetic Engineering Adequate? SFU Harbour Centre, Fletcher Challenge Theatre, September 5, 7:30 – 9:30pm. The event is sponsored by the SFU faculty of applied sciences, the schools of communication and kinesiology, the Institute for the Humanities at SFU and by Common Ground. Pat Howard is a professor of communications at SFU. [phoward@popserver.sfu.ca/](mailto:phoward@popserver.sfu.ca/).*

*Arne Hansen is a Vancouver writer and can be contacted at [abhansen@journalist.com/](mailto:abhansen@journalist.com/).*

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# Handy harvesting tips

ON THE GARDEN PATH • CAROLYN HERRIOT

*Each month, Carolyn writes about what she is doing in the garden, the orchard, the greenhouse, with seed saving and soil building, with the intention of helping gardeners of all levels realize they can have the most healthy, productive and beautiful garden without resorting to substances harmful to humans, animals, plants, or the myriad of soil-dwelling organisms.*

#### Freezing corn

Freeze corn fresh. Fresh corn is the sweetest, as sugars convert to starch after it is picked. Peel off the outer wrapper layer, leaving the remaining light husk layer, and freeze the corn in a plastic bag. To cook, strip off the husk layer and drop the still frozen corn cob into boiling water for exactly 10 minutes. The corn will taste as good as the day it was harvested.

#### Prevent celery droop

Cut off the stalk ends and stand in a jug of cold water in the fridge until they get crispy again. Celery can be stored in airtight containers or plastic bags, until eaten.

#### Take the heat out of peppers

The seeds and placenta of peppers contain capsaicinoids, which give peppers their mouth-searing pungency. Use hot peppers with extreme caution. If your head is about to blow off, eat dairy products or starchy foods, such as bread or rice. Avoid cold water, which actually increases the heat.

#### Extend the life of lettuce

Remove damaged outer leaves and seal lettuce in a clean plastic bag without air holes; natural moisture keeps it fresher longer. Leaving the roots on when harvesting extends the life of lettuce when refrigerated.

#### Onions make you cry?

Keep tears away when preparing onions by chilling them before you cut. Cold slows down the movement of the volatile "tear gas." If you are already weeping, place your wrists together and run cold water over them, which immediately clears the air and stems the tears.

#### Storing half an onion

If you only need half an onion, use the half that sprouts. Store the root end because it will keep longer in the refrigerator. Store in an airtight container to keep the strong smell from spreading.

#### Get the gas out of beans

Soak the beans and throw the soaking water away (or water your houseplants with it), then cook the beans in fresh, boiling water. Alternatively, purchase a bottle of Beano. A

## ORGANICS

drop of this in the first mouthful of your bean dish will help prevent any embarrassing after-effects.

#### For the tastiest beans

Use the freshest beans possible (avoid cracked and shrivelled dried beans). Do not add salt to the boiling water until they are cooked thoroughly, as it interferes with the tenderizing process.

#### For garlic lovers

Soak garlic cloves in boiling water for five minutes so the skins will slip off easily. Mince peeled cloves into small chunks, spoon into a jar, cover with olive oil and refrigerate. Garlic in oil keeps refrigerated for up to three weeks.

#### Ripen green tomatoes

Seal green tomatoes in a brown paper bag with an apple. Apples release ethylene, which helps speed up ripening.

#### Freeze tomatoes whole

Freeze cherry tomatoes or smaller tomatoes whole in freezer bags. Larger tomatoes are best quartered. There's no need to thaw them before using; frozen tomatoes are best if added directly to the recipe.

#### Preserving speared potatoes

If you accidentally spear potatoes when harvesting (and who doesn't?) clean them up and refrigerate in cold water in an airtight container. They'll keep this way a long time.

#### Best time to harvest herbs

Aromatic oils are strongest in the morning, so gather herbs early in the day after the dew has dried off, but before the midday sun disperses the oils.

#### Best way to freeze herbs

Put fresh leaves into ice cube holders, then fill with water and freeze. When you need fresh herbs for a recipe, just throw in some herb ice cubes. Use borage for a beautiful effect in summer drinks, and basil cubes for tomato recipes.

#### Best way to dry herbs

Put bunches of herbs upside down in a brown paper bag; tie string around the stems and the neck of the bag. Hang in a warm, dry place. The bag keeps light out so the herbs retain their aroma as they dry.

*Excerpted from A Year on the Garden Path: A 52-Week Organic Gardening Guide by Carolyn Herriot. \$29.95. Earth-future Publications, Victoria, BC. Available at Banyen Books, Duthie Books or at [www.earthfuture.com/gardenpath/](http://www.earthfuture.com/gardenpath/).*



# The scoop on Woody Allen

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**A journalism student (Scarlett Johansson) gets her big break when the spirit of a reporter (Ian McShane) returns from the dead with a lead for a big story.**

Even at 70, Woody Allen is still producing a movie a year. *Scoop*, a lighthearted, contemporary comedy about a newspaperman who comes back from the dead to help a hungry media student solve a serial killer mystery, is, like last year's *Match Point*, also set in London.

*Scoop* is far from Allen's best, but it's still good fun. It has many hallmarks of a Woody Allen comedy, including a beautiful, myopic heroine Sondra Pransky (Scarlett Johansson in ditz blonde mode) and Allen himself, cast as a lugubrious magician called Splendini.

During a disappearing act, the spirit of a hack appears to Sondra and tells her to pursue the biggest scoop of the century. He reveals that a dashing artistocrat (Hugh Jackman) is London's "Tarot Card Serial Killer," but there is no evidence to prove it.

Sondra enrolls the reluctant Splendini in the hunt, involving various farcical antics, as they slip with surprising ease into Lyman's upper crust social circle, but things get complicated when the wannabe newshound falls for the subject of her story.

The deadly theme may sound dark and macabre, but *Scoop* is anything but. Death hath no sting, and, in fact, the journo, who gets his scoop while on the ferry to the

afterlife, continually evades the Grim Reaper to ensure that his scoop is followed up.

An enjoyable, frivolous jaunt, the film is rife with Allen's wisecracks, the American abroad variety in particular. The elegant settings of the London and English countryside and the stiff upper lips of the aristocratic milieu provide a nice backdrop for Allen's cracks, while Johansson proves a good comedic sport.

Occasionally however, the film's momentum sags. Either Allen was on autopilot when structuring the plot or he is deliberately sending up the formula of the English murder mystery, with the result that the plot is limp as a wilted lettuce leaf. At times, that's funny. At other times, especially in the denouement, you are left wanting more.

Allen's twittering character also plays the insincerity card for laughs once too often. These would be crippling deficiencies, but Allen does enough to keep things rippling along in a sufficiently lighthearted way that you leave the cinema feeling that it's good to laugh.

Much has been said about the Vietnam war, but the GI-anti-war movement has largely disappeared from the collective memory. *Sir! No Sir!* posits that the US stopped waging war in Vietnam because the men drafted to do the fighting decided they'd had enough.

This timely film, with obvious parallels to Iraq, provides numerous facts to substantiate its claim, including firsthand accounts by many veterans, then and now. There is also some tremendous archived footage from the

## CULTURE

era, including a young "Hanoi Jane" Fonda performing for the troops.

According to Pentagon figures, there were half a million deserters during the Vietnam era. Many of them opted out of the war for reasons of conscience, and as *Sir! No Sir!* is keen to point out, desertion was anything but taking the easy way out.

At the time of writing, the documentary is playing at the Ridge. The DVD is available at [www.sirnosir.com](http://www.sirnosir.com) and 500 free copies are being given away to active duty and deployed soldiers.

Do you recognize these lyrics?

*And the battle's just begun/There's many lost, but tell me who has won? The trench is dug within our hearts/And mothers, children, brothers, sisters/Torn apart!*

George W. Bush sings them in a web video mash-up of U2's *Sunday, Bloody Sunday*, originally written in response to the Bloody Sunday shootings in Northern Ireland in 1972.

I've seen several of these cut- and-paste video clips of George Jr., and this one, which appears to exclusively use video footage from one of his addresses to Congress, is the best I've seen yet.

It would be funny if it weren't so disturbing. I've posted it to [www.youneverbikealone.com/bloodbush/](http://www.youneverbikealone.com/bloodbush/).

Robert Alstead is currently making a cycling documentary entitled *You Never Bike Alone*. [www.youneverbikealone.com/](http://www.youneverbikealone.com/).

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# Earthrace for a better planet



BY JOHN ALLEN

The Earthrace one hundred per cent biodiesel boat project is the brainchild of New Zealander Pete Bethune, a former oil exploration engineer. After leaving the oil industry, while completing an MBA in Australia, Pete wrote an essay on renewable fuels. The more he got into the subject, the more he believed that renewable fuels should comprise more of our transport mix.

Around the same time, he saw a video clip of an old mono-hull landing craft with a unique design that allowed the boat to pierce through waves, rather than ride over them. He also stumbled across a website that governs world powerboat records ([www.uimpowerboating.com](http://www.uimpowerboating.com)), where he learned that the record for circumnavigation of the globe by a powerboat is 75 days.

By tying these three somewhat unrelated ideas together, Pete began exploring the possibility of breaking the world record by building his wave-piercing boat. It would be the first time that an official powerboat record would be attempted by a boat running entirely on a renewable fuel. (Biodiesel is made from cooking grease, animals fats and vegetable oils.)

The cost of building such a boat from scratch was significant and prohibitive, and Pete, not a wealthy man, started looking for sponsorship. After knocking on many doors, an Australian company eventually offered

funding for the entire project of \$2.2 million. However the company's proviso was that the boat had to run on normal petro fuel. After much soul searching, Pete turned down the offer, as the whole point of the exercise was to promote the use of renewable fuels; the attempt to break the record was secondary. After all Pete's efforts, it was a disappointing and difficult time.

By now however, Pete had already spent approx \$72,000 of his own and didn't want to keep throwing money into a seemingly bottomless pit. Then, just as it appeared the project was going no further, he got a call from a diesel engine manufacturer. The company had heard about the project and decided to sponsor the cost of the two engines for the boat. Word then got around about the project and Pete ultimately managed to borrow enough money – approximately \$1.1 million – from friends and banks, and also obtained sufficient sponsorship of products and services to complete the boat in February of 2006.

Earthrace is a spectacular wave-piercing trimaran and there is nothing like her in the world. In June, she completed a two-month promotional tour around New Zealand, visiting 20 ports. The tour also served as an extended sea trial and the boat performed brilliantly.

From August 1-3, Earthrace will

be docked at Granville Island in Vancouver, as part of a six-month promotional tour of the US and Canada which includes 30 cities. After leaving Vancouver, the boat will head south, through the Panama Canal and up the east coast of the US. After that, it will travel through the St. Lawrence Seaway and into the Great Lakes, before motoring down the Mississippi to New Orleans.

The purpose of the promotional tour is to raise awareness of renewable fuels, and also to allow the Canadian and US public an opportunity to view and become involved with a remarkable boat and project. Organizers are also looking at raising money through donations to help pay off some or all of the loans and to help fund the world record attempt.

Lastly, it is also the group's intention to meet lots of wonderful people and have a good time. The Earthrace crew is made up entirely of volunteers by necessity. They are an enthusiastic and dedicated bunch who genuinely care about the environment and who fully intend to see this project succeed.

Following the US/Canada tour, in March of 2007 Earthrace will have a crack at the round-the-world record. After it smashes that record, it will undertake similar promotional tours in Europe and Asia, before returning to New Zealand in 2008. Earthrace will be donated to the New Zealand Maritime Museum, where she can be suitably displayed and enjoyed by the public as the unique story of maritime history that she will undoubtedly become.

John Allen is the voluntary operations manager for Earthrace. [john@earthrace.net](mailto:john@earthrace.net) [www.earthrace.net](http://www.earthrace.net) (Editor's note: Biodiesel is much cleaner than its fossil fuel equivalent. Diesel engines produce cancer-causing particulates but bio-diesels produce about half those of a regular petrodiesel engine. Both land-based and marine biodiesel technology await a breakthrough in catalytic converters which can remove particulates.)





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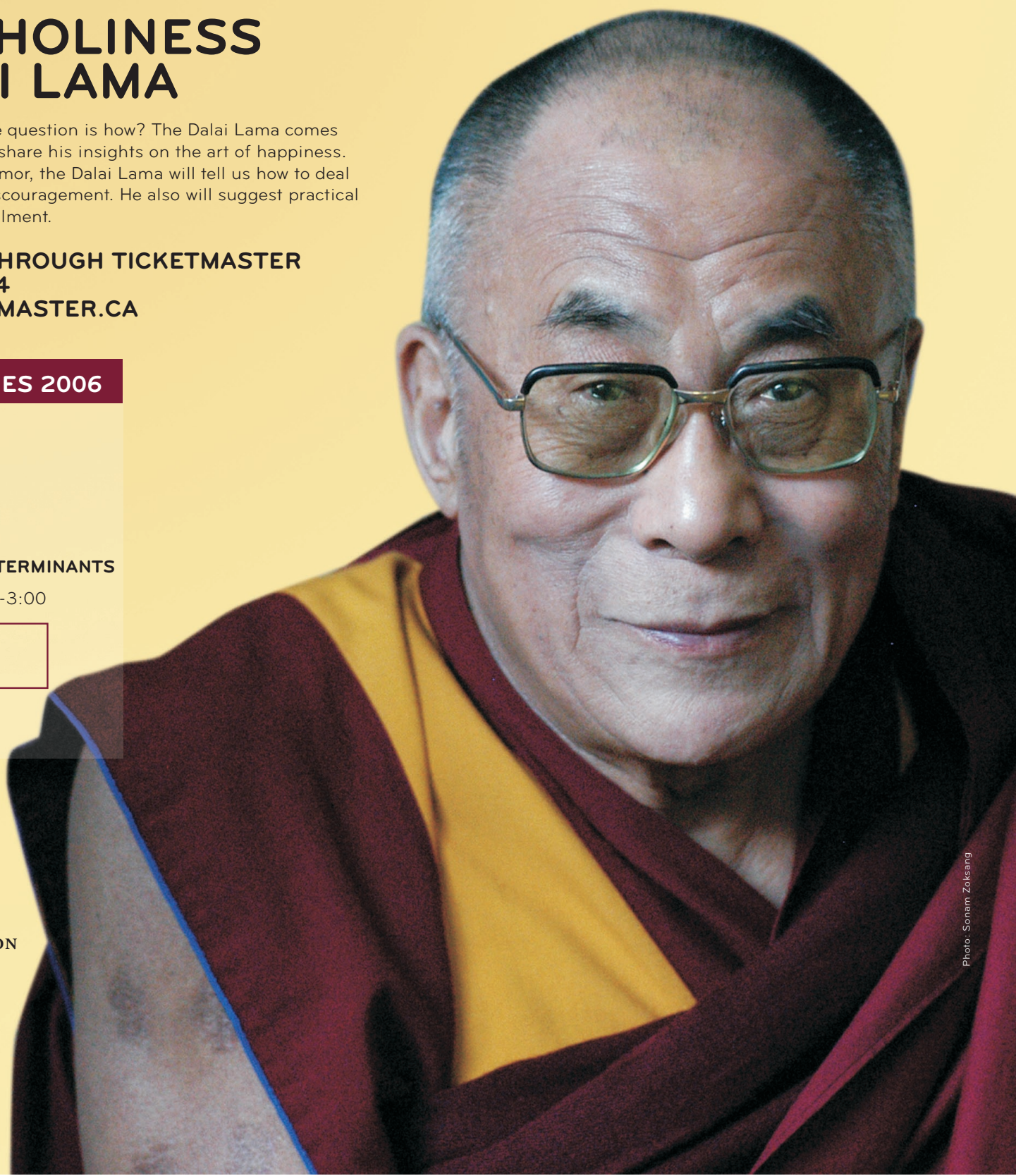


Photo: Sonam Zeksang



# HH to inaugurate Dalai Lama Center for Peace and Education in Vancouver



All three photographs by Manuel Bauer

“My religion is kindness,” says His Holiness the Dalai Lama. The Dalai Lama Center for Peace and Education is aligned with this ethos. The vision of the Vancouver-based centre reflects the Dalai Lama’s lifelong commitment to compassion and inner well-being. Founded in 2005, by the Dalai Lama and Victor Chan, whose relationship spans 35 years, the centre will be a world class institution, grounded in Vancouver, yet global in nature.

The centre will have no religious or political affiliations. It will promote peace through education, personal transformation and dialogue. The Dalai Lama believes that vital, sustainable communities depend upon many small, individual acts of compassion and helpfulness.

By thinking less about ourselves and more about the well-being of others, we actually enhance our growth and happiness. By helping others, we contribute to the greater good. Along the way, our lives and the lives of others are touched.

The centre’s tag line is “Educating the heart.” An educational environment will cultivate mindfulness: the integration of mind, body and spirit, and also encourage heightened awareness within diverse practices of art. It

will also offer a venue to examine the world’s wisdom traditions through creative interpretation.

By cultivating inner peace, the centre will help to bring peace into the world. When completed, it will be the only institution in the world to bear the Dalai Lama’s name. As a repository of his ideals, the centre is committed to advancing his twin goals of personal growth and acting for the greater good.

The facility is also special in its cultivation of two essential dimensions of our humanity: our need for intellectual sustenance and our yearning for emotional and spiritual well-being. Its design will encourage active, experiential participation, and its programs will optimize chance encounters and interaction between people and ideas, as well as maximizing synergies between our minds and hearts.

Located in the heart of downtown Vancouver, the high volume of pedestrian traffic will help anchor the centre in the community. Over time, the venue will become a hub, a vital link in Vancouver’s cultural DNA. A wide array of different-use spaces within the building will promote engagement between individuals and groups, people and ideas, communities

## Dalai Lama granted honorary Canadian citizenship

BY VICTOR CHAN

On June 22, Canada’s House of Commons voted unanimously to give the Dalai Lama honorary Canadian citizenship. It’s the third time Parliament has approved such a measure. Nelson Mandela was honored in 2001, and Raoul Wallenberg posthumously in 1985.

I was traveling with the Dalai Lama four years ago, when he fell seriously ill in Bodhgaya, India. A bout of stomach pain, the result of a simple infection, had escalated into a full-blown crisis.

The Dalai Lama’s subsequent hospitalization in Bombay, the first in over three decades, sent shock waves throughout the Tibetan community and to his legion of friends around the world.

After his recovery, I went to see the Dalai Lama at his Dharamsala residence. For the first time since his traumatic illness, he was strong enough to receive visitors. As our visit drew to a

close, he volunteered an unexpected detail. The doctors in Bombay had ordered an exhaustive battery of tests, including an advanced electrocardiograph (ECG). The results? The Dalai Lama’s 67-year-old heart had the vitality and health of a 20-year-old’s.

I asked the Dalai Lama if he had an explanation for this surprising finding. He replied without a second’s hesitation: “My heart is healthy, I

US, analyzed the speech patterns of type A and type B subjects. His data showed that the incidence of heart attacks and other stress-related illness is highly correlated with the level of self-reference in the way people talk.

Frequent use of “me,” “I,” and “mine” is a predictor of more heart attacks, regardless of whether a person is a type A or a type B. Scherwitz’s conclusion: A self-centered way of life

*Peace of mind, according to the Dalai Lama is the direct outcome of actively caring for other people.*

think, because of my peace of mind.” Peace of mind, according to the Dalai Lama is the direct outcome of actively caring for other people.

A popular belief in the West is that type A personalities – people who are loud, aggressive and hard driving – die younger than others because their lives are more stressful.

Yet the reality is more complex. Dr. Larry Scherwitz, a psychologist in the

is a significant risk factor for life-threatening, stress-related disease.

These findings support the Dalai Lama’s uncommon notion of “wise selfishness.”

“Helping others does not mean we do this at our own expense,” the Dalai Lama explained. “It’s not like that. Buddhas and bodhisattvas, these people are very wise. All their lives they want only one thing: to achieve ulti-

mate happiness. How to do this? By cultivating compassion, by cultivating altruism. When they care for others, they themselves are the first to benefit. They know the best way to lead a happy life is to help others. This is wise-selfish.”

In its citation, the Canadian Parliament recognizes the Dalai Lama as one of the world’s leading champions of peace. I’ve been acquainted with him since 1972 and there is one thing I know for sure. The Dalai Lama has developed his insights into peace from his extraordinary reverence for all peoples and all living things.

For over six decades he has reiterated the same mantra: true happiness comes from a sense of inner peace, which can only be achieved through the cultivation of altruism, love and compassion.

Victor Chan is founding director of the Dalai Lama Center for Peace and Education in Vancouver and co-author with the Dalai Lama of *The Wisdom of Forgiveness: Intimate Conversations and Journeys*.





and spiritual rejuvenation.

The building will be designed to warmly welcome all who visit, whether by design or by happenstance. People from every walk of life and social strata will be made to feel at ease. They will be encouraged to drop in, and linger, at all hours of the day.

The centre is conceived as an open cultural bazaar, to be embraced by residents and visitors alike. It will offer a smorgasbord of compelling programs that offer sustenance to the mind and spirit. Modern aesthetics and art practices have been strongly influenced by the mindfulness teachings of both Eastern and Western spiritual traditions. These principles are now a major force in contemporary art, continuing to inform the global art community. Artists of differing beliefs are integrating meditative practices and awareness techniques into their work. For many people, creative endeavours are powerful tools to further their



personal growth.

The centre will provide an educational environment that cultivates mindfulness, integration of mind, body and spirit and heightened awareness within art practices. It will develop a local artistic resource for Vancouverites that is global in influence. The creative process will culti-

vate openness to the wisdom of mind and heart, allowing participants to mature as artists and human beings.

*The Dalai Lama visits Vancouver from Sep 8-10 to inaugurate the Dalai Lama Center for Peace and Education. For a list of scheduled talks, see page 15. [www.dalailamacenter.org](http://www.dalailamacenter.org)*



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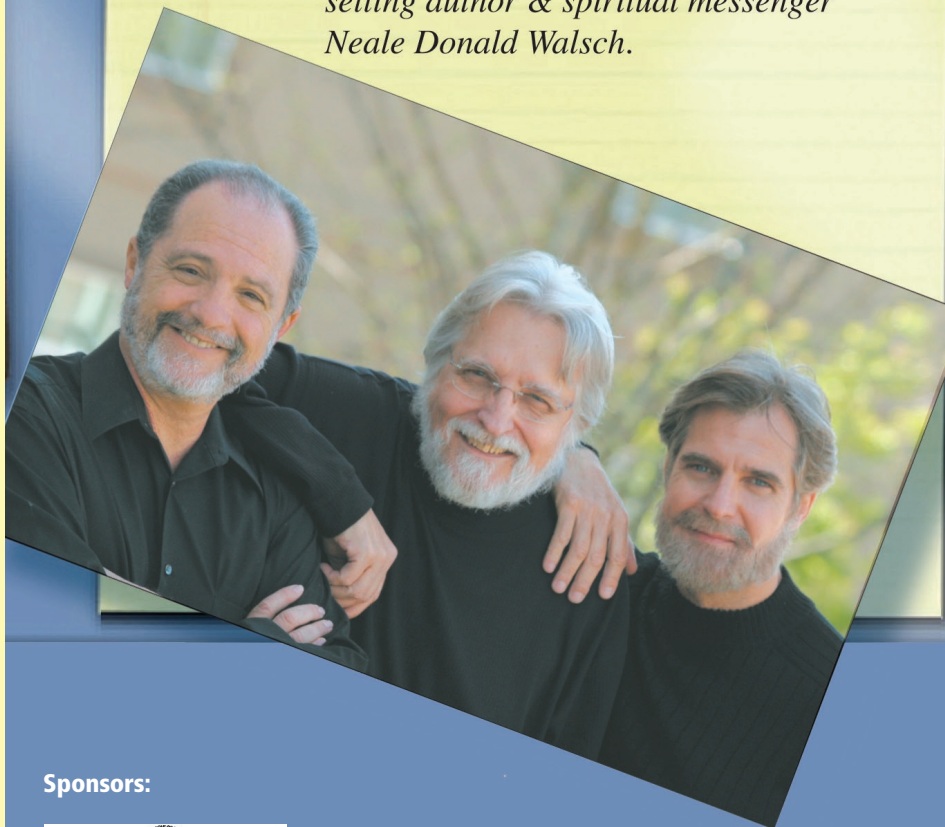
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## The core delusion

THE POWER OF NOW • ECKHART TOLLE

Even if I completely accept that ultimately time is an illusion, what difference is that going to make in my life? I still have to live in a world that is completely dominated by time.

Intellectual agreement is just another belief and won't make much difference to your life. To realize this truth, you need to live it. When every cell of your body is so present that it feels vibrant with life, and when you can feel that life every moment as the joy of Being, then it can be said that you are free of time.

But I still have to pay the bills tomorrow, and I am still going to grow old and die just like everybody else. So how can I ever say that I am free of time?

Tomorrow's bills are not the problem. The dissolution of the physical body is not a problem. Loss of Now is the problem, or rather, the core delusion that turns a mere situation into a personal problem and into suffering. Loss of Now is loss of Being.

To be free of time is to be free of the psychological need of the past for your identity, and the future for your fulfillment. It represents the most profound transformation of consciousness that you can imagine. In some rare cases, this shift in consciousness happens dramatically and radically, once and for all, usually through total surrender in the midst of intense suffering. Most people, however, have to work at it.

When you have had your first few glimpses of the timeless state of consciousness, you begin to move back and forth between the dimensions of time and presence. First you become aware of just how rarely your attention is truly in the Now. But to know that you are not present is a great success.

Then with increasing frequency, you choose to have the focus of your consciousness in the present moment rather than in the past or future, and whenever you realize that you had lost the Now, you are able to stay in it not just for a couple of seconds, but for longer periods as perceived from the external perspective of clock time.

So before you are firmly established in the state of presence, which is to say before you are fully con-

scious, you shift back and forth for a while between consciousness and unconsciousness, between the state of presence and the state of mind identification. You lose the Now, and you return to it, again and again. Eventually, presence becomes your predominant state.

For most people, presence is experienced either never at all or only accidentally and briefly on rare occasions, without being recognized for what it is. Most humans alternate not between consciousness and unconsciousness, but only between different levels of unconsciousness: ordinary

unconsciousness and deep unconsciousness.

As you probably know, in sleep you constantly move between the phases of dreamless sleep and the dream state. Similarly, in wakefulness most people only shift between ordinary unconsciousness and deep unconsciousness. What I

call ordinary unconsciousness means being identified with your thought processes, emotions, and reactions. It is most people's normal state.

In that state, you are run by the egoic mind and you are unaware of Being. It is a state of an almost continuous low level of unease, discontent, boredom or nervousness, a kind of background static. You may not realize this because it is so much a part of “normal” living, just as you are not aware of the hum of an air conditioner until it stops. When it suddenly does stop, there is a sense of relief.

Many people use alcohol, drugs, sex, food, work, television, or even shopping as anaesthetics in an unconscious attempt to remove the basic unease. The unease of ordinary unconsciousness turns into the pain of deep unconsciousness, a state when things “go wrong,” when the ego is threatened or there is a major challenge, threat, loss, or conflict in a relationship. It is an intensified version of ordinary unconsciousness, different from it not in kind, but in degree.

*Adapted from The Power of Now, copyright 1999 by Eckhart Tolle. Reprinted with permission of New World Library, Novato, CA, 800-972-6657 (ext. 52).*

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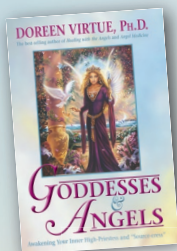
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# Mastering the basics

UNIVERSE WITHIN • GWEN RANDALL-YOUNG

I have always felt there is a glaring omission in the way we have been educated and the way children are educated, inasmuch as there is no consistent teaching about how to communicate.

Yes, we learn to read and write, but not how to talk with one another, particularly when there is conflict.

Built into our culture and socialization process is a tendency towards polarity. Siblings have rivalry, and there are disagreements on the school playground.

Generally, the response to these conflicts has more to do with who was right and who was wrong, rather than how communication could be improved.

In fact, the way we talk about things structures our reality. If we have not learned the language of cooperation and facilitation, we are stuck in the battle of defending our positions or points of view.

There are a few things we need to teach children, and, of course, one of the best ways to teach them is to model the behaviours ourselves.

We need to teach children that it is always better to try to find a solution than to fight and argue. We must give them plenty of examples of solutions so they understand how to create their own. If they hear Mom and Dad doing this in the kitchen, it will be easier for them to do it on the playground.

We need to teach them that it is not helpful or nice to speak badly of others. Rather, it is wise to encourage them to see the positives in others.

They should know that words have energy and that negative comments put negative energy out into the world. We pollute the interpersonal environment when we do that.

We need to teach them that if we work together and help one another, we will all be further ahead. We do not have to be the best, the fastest, the smartest. If we are, then all the more reason to be helpful to others. Years from now, we will be remembered not so much for our accomplishments, but for how we treated others.

We need to teach them the importance of honesty and integrity – even

## SPIRITUALITY

when no one is looking. A conscience that is clear – free of guilt, remorse or regret – not only makes us feel better, but we sleep better too. Dishonest actions or being out of integrity cannot be erased. Most people carry the memory of such incidents for the rest of their lives.

We need to teach them the importance of forgiveness. No one is perfect. Everyone deserves a second chance.

Holding grudges is like pausing a movie. You cannot move on with the story when you remain stuck on one event.

We need to teach them that love is the greatest gift we have to give. They need to know that their love has the power to uplift, heal and empower others.

They also need to be reminded that we each have

unlimited amounts of love within us. Opening our hearts and letting the loving energy flow out to others is the best way to maintain physical and emotional health.

We need to teach them how important it is to share. They need to know how to take turns, to let everyone play and to give to those who are less fortunate. The whole world is our family and we need to take care of each other.

Can you imagine if we had an entire generation of children that was raised knowing these things?

Imagine if every adult today had been raised with these principles. How different our world would be.

If we really want to change our world, it might be best to start with the children.

The only thing is, if we want them to really get it, we have to get it first.

Gwen Randall-Young is an author and psychotherapist in private practice. For more articles and information about her books and CDs, visit [www.gwen.ca/](http://www.gwen.ca/). See display ad this issue.

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# Hired guns aim to confuse

SCIENCE MATTERS • DAVID SUZUKI

Al Gore once told me that to get politicians to listen, you have to engage the people first. The former vice president is attempting to do just that with *An Inconvenient Truth*, his critically acclaimed documentary about global warming. But he's up against some pretty powerful opponents.

His movie, by most standards, is pretty good. Rotten Tomatoes, a website that compiles movie reviews from newspapers, television and the internet, shows that 92 percent of critics liked it. A story by the *Associated Press* about experts, who critiqued the science behind the movie, found that they too gave it a thumbs-up for accuracy. Personally, I thought it was brilliant.

But shortly after the *Associated Press* article came out, other articles started popping up, saying that Mr. Gore's science was shoddy. People claiming to be experts wrote opinion pieces in newspapers decrying the film, Mr. Gore and the "theory" of global warming in general. Contrarians, it seemed, were coming out of the woodwork. What happened?

What happened was a well-funded

campaign to discredit the film and carpet-bomb North Americans with confusing and contradictory information about the science of global warming. It appears to be having an effect. Recent polls I've seen indicate that while the public is very concerned about climate change, people are still confused about the science.

Those who read science journals

*In the media, masquerading as an expert is pretty easy. All you need are a few letters after your name and a controversial story to tell. That makes news.*

probably find this confusion, well, confusing. While there is plenty of discussion in scientific circles about what, precisely, a changing climate will mean to people in various parts of the world, there is no debate about the cause of global warming – primarily the human activity of burning oil, coal and gas – or about the fact

that it is already having an effect, and that the effects will become more and more pronounced in coming years.

Yet there they are on the editorial and opinion pages – supposed experts writing about the grand global warming conspiracy perpetuated by Europeans. Or socialists. Or European socialists. Those in the know can laugh off such nonsense. But the problem is, most people aren't in the know. Average citizens are busy people and they are not experts in climate science, so, naturally, they tend to defer to people, who appear to know what they're talking about.

Unfortunately, in the media, masquerading as an expert is pretty easy. All you need are a few letters after your name and a controversial story to tell. That makes news. And there's no shortage of public relations people willing to spin a good tale, usually for a tidy profit. Companies pay big bucks to have these spin doctors work their magic and make sure the industry line gets heard.

But even some of public relations' best-known spin doctors are disgusted by what's going on right now over global warming. Jim Hoggan is one. He's a personal friend, who happens to be president of one of western Canada's largest public relations

firms, James Hoggan and Associates. And he's so appalled at what he says is deliberate manipulation of public opinion about this issue that he's started a website called [desmogblog.com](http://desmogblog.com) to debunk the global warming skeptics.

Jim writes in his blog: "There is a line between public relations and propaganda, or there should be. And there is a difference between using your skills, in good faith, to help rescue a battered reputation and using them to twist the truth, to sow confusion and doubt on an issue that is critical to human survival. And it is infuriating, as a public relations professional, to watch my colleagues use their skills, their training and their considerable intellect to poison the international debate on climate change."

Well said, Jim. His blog makes fascinating reading. It names names and follows the money trail, often leading back to big, US, conservative organizations and fossil fuel giants. Jim's making it his mission to expose the liars and the frauds and he's doing a pretty good job.

Al Gore was right. The people do have to be engaged before politicians will listen. But engaging the people sometimes requires clearing the air first.

Join the Nature Challenge and learn more at [www.davidsuzuki.org/](http://www.davidsuzuki.org/).



## Gateway or Greenway?

EARTHFUTURE • GUY DAUNCEY

During the recent World Urban Forum, there were discussions about how Greater Vancouver could squeeze another million people into its midst. "If they want to move here, how can we stop them?" is the question that either fascinates or worries people.

Life on the West Coast is good, even if we'd rather the folks in Toronto didn't know. And what about the world's huddled masses and would-be immigrants, who have the same dreams that our ancestors did when they came to escape the poverty of Europe, China and India?

If everybody lives the way Vancouverites do, however, we will need four planets to support us, as mayor Sam Sullivan often said during the World Urban Forum. How can we accommodate this growth, knowing that our existing way of living is an Earth-disaster?

A couple of years ago, Vancouver took part in a global experiment with several other cities to imagine their futures in 2030. When the Sustainable Development Research Institute used its Georgia Basin Quest tool to map a business-as-usual scenario for 2030, it discovered that Vancouver's

systems started to collapse because of pollution and congestion. Other cities came to the same conclusion: that path to the future is impossible; it leads us off a cliff.

And yet this is the path the government of BC wants to take us down

*The Liberal government is like an express train rushing towards the dream of an eternal 1950s, while the premier stands in the caboose and points in a different direction.*

with its Gateway Program, arguing, "The cost of living and quality of life in the region will suffer without comprehensive improvements to the transportation network."

To accommodate the growth, the government wants to twin the Port Mann bridge, expand the freeway in Vancouver by building a new four-lane highway along the south shore of the Fraser, build a new highway out of existing roads along the North Fraser, build five other new roads, build a new bridge over the Fraser linking Surrey and Langley and throw in some additional cycling and transit facilities to keep the greens happy. The budget is \$3.9 billion – likely \$15

billion by the time the bills arrive.

The Liberal government is like an express train rushing towards the dream of an eternal 1950s, while the premier stands in the caboose and points in a different direction. It's mighty confusing. I'm sure Gordon Campbell is sincere when he says he wants BC "... to lead the world in sustainable environmental man-

agement with the best air and water quality, bar none." (BBN among civil servants, for "best bar none.")

I also believe he is sincere when he says we should do better than Oregon in reducing our greenhouse gas emissions, knowing that Oregon has committed to a 75 percent reduction in emissions by 2050. The Gateway Program, however, will increase our emissions and our ecological footprint, since new roads always encourage more people to drive on them, far outweighing any small gains achieved through reducing the number of idling cars stuck in traffic jams.

We need to turn our heads in an entirely different direction, towards

a goal not of perpetual economic growth, but of deep personal and community happiness in a world where we live in harmony with our ecosystems and with each other.

The models already exist in Europe's old towns, with their high density surrounded by green space – the very places we love to holiday, drinking up the atmosphere. These towns have strong local economies, and because of their density, people can get around on foot and by bicycle or by bus and train, reducing their ecological footprint.

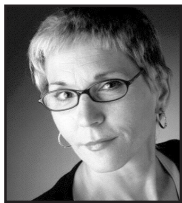
We need to look at the growing suburbs and paint a new picture, morphing them in our minds into dense urban delights, full of green space, connected by excellent public transport.

We also need to dream in a new economy, in which local goods play a far larger role than goods imported from afar, using fossil fuels. As Julian Darley of the Post Carbon Institute says, we need to relocalize. We need to dream a new dream and spend the \$3.9 billion on suburban density, green space, pedestrian trails, cycling, railways and transit, not on roads and bridges.

We need to close the Gateway, and open the Greenway.

Guy Dauncey is president of the BC Sustainable Energy Association, which welcomes your membership to help realize these dreams. See [www.bcsea.org/](http://www.bcsea.org/).





# On track zodiac

AUGUST 2006 • ILONA HEDI GRANIK



**ARIES** (Mar 21 – Apr 19)

Much energy is at your disposal. Initiate first contact with others and don't back down from colleagues who don't see your personal vision. Take the plunge and speak your mind. Open the door to experience and don't let a few upcoming challenges stop you from going the distance.



**TAURUS** (Apr 20 – May 21)

It's truly time to listen to your heart. Misunderstandings will show up if you are fighting your true feelings and doing a cover-up of real, personal issues. If some things have come to the end of their effectiveness, or you want to change direction, move toward that end. Legal action for financial freedom may be the answer.



**GEMINI** (May 22 – Jun 20)

A sweet seduction is in the air and you can have your cake and eat it too if you stay focused. Some lovely distractions may keep you from completing those tasks that are lined up on your list. Being extravagant will have you taking two steps backward if you don't get all your ducks in a row before you venture out into the race.



**CANCER** (Jun 21 – Jul 22)

Just because something is said doesn't mean it is necessarily true. You will find that you have seen, felt and detected things all along. Believe only in what comes to you in fact, as the web of deceit runs high now. Nothing held up to the light of day will fool your instincts or what you feel is right for you.



**LEO** (Jul 23 – Aug 22)

You can hitch your wagon to a star and get the needed energy to draw you to your goals. The sun shines in your sign, so don't give up courage if the odd delay comes your way. Pay attention to your finances, as your expenses could go into the stratosphere. A mixture of usable forces is yours now.



**VIRGO** (Aug 23 – Sep 22)

Some major planetary influences may have you sitting in the middle of chaos or confusion. If this is your state, all you can do is create harmony within your personal space. Sudden events could transform one apparent certainty into an entirely new circumstance. Keeping your mind open and flexible will set you free.



**LIBRA** (Sep 23 – Oct 22)

The vulnerability of this sign with Venus as its ruler is ready to explore and become more open to sensuality. Nature will nurture you as you discover many things about the depths of your passion. Express yourself; don't depress your personal tastes and creative inclinations.



**SCORPIO** (Oct 23 – Nov 21)

Transformation is not something to be taken lightly; you will keep moving and shifting until you barely recognize the place you started. As you sit within the wheel of time, fear not, as you can become all that you want to be if you utilize the energy given to you one step at a time.



**SAGITTARIUS** (Nov 22 – Dec 21)

Short-term answers work fine for the time being. This is a time to attend to and remedy immediate concerns. You won't be procrastinating, but rather discovering the perfect solutions when presented. Not everything can be fixed right now, even though you are the alchemist with a magic touch.



**CAPRICORN** (Dec 22 – Jan 19)

Many renovations are going on within your environment. If everything seems to echo what is going on inside you, it is no coincidence. A new order comes to your daily life, even if walls tumble. This is a great time to forgive the past and bring some courage and strength to your character.



**AQUARIUS** (Jan 20 – Feb 19)

The limitless journey begins with you. You could be on solid ground while you dance through any obstacles. There is, however, a quality of tightrope walking, as you search for miracles in your life. You will be certain to acclimate to any situation, especially if you trust your intuition; it will be further tested.



**PISCES** (Feb 20 – Mar 20)

You may find dynamic tension within your close personal relationships. You could choose to come through the fires of experience without playing the blame game. Your high-spirited energy will conquer old mental constraints, as the influences in the heavens assist you to clear and conquer old patterns.

*Ilona Hedi Granik is a clairvoyant consultant and author with 31 years of experience in astrology, multi-media art and healing. [iamilona@gmail.com](mailto:iamilona@gmail.com)  
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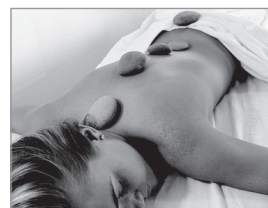
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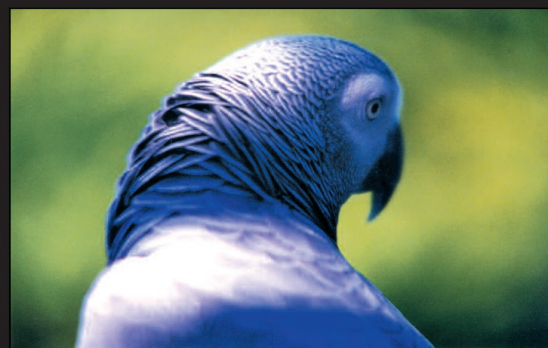
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# Focus

## TWENTY SOMETHING ISHI DINIM

There is a lot to think about right now and so many places to put my attention. The summer is swirling past and I'm trying not to lose track of time in the darkroom of my mind.

Photography is a lot like life. Point a camera somewhere and something happens. A photo can be sharp, blurry, or both, in parts. Multiple processes achieve negative, positive, chemical and digital results. There are images that will only ever happen quickly and once, and others that you can render repeatedly at your leisure.

There are situations where I want to represent an essential moment in a photograph. That moment requires numerous considerations, calculations and a bit of luck. Sometimes the end result is less than I had desired, just the way I'd imagined it, or even better than I'd hoped.

What I'm getting at is – the way we can affect an image is similar to how we create our life. Sometimes, skill and hard work are needed; at other times, accident and luck are the right recipe.

In turn with this notion that focusing our attentions can create the picture of what we want our lives to be, I also believe that images have the ability to transform our lives and history; indelible pictures from the Holocaust, Vietnam, 9/11, Iraq and reproductions of a Mohammed cartoon have changed the course of human history.

Just as we can't entirely know what kind of picture will be created, the effect that an image will have can't be predicted. The people who photographed Kim Phúc and Abu Ghraib could never have dreamed of the response the world would have to these images.

We will continue to create photographs that examine our human condition, and those representations will

shallow as I surfed over pictures of children killed by this conflict. The gardens do demand protection, but so should lives.

What gets lost in times like these are the other important causes in the world. We need to have the capacity to deal with the horrors of warfare and also remember the environment. Long after all the people who are fighting and dying are gone, their rel-



**Self-portrait**

continue to shape our lives.

I was going through photos of my trip to Israel and saw the Bahá'í Temple and Gardens in Haifa; it is truly one of the most beautiful places on Earth. At the time of this writing, Haifa is being hit with rockets. It would be so very sad indeed if this most recent fighting damaged such a holy, peaceful place. I'm not Bahá'í, but seeing the terraces or temple scarred would pain me greatly. It occurred to me that this idea was

atives will have to inherit what is left. Hopefully, they'll inherit more than just a photo album.

### Quotes:

Clearly the trick in life is to die young as late as possible.

– Rev. William Sloane Coffin, *Credo*

Even if you win the rat race, you're still a rat.

– Rev. William Sloane Coffin

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(In case you missed Steven Colbert at his finest)

<http://donswaim.com/nytimes.sontag.html>

PS: I really want to encourage everyone to check out a very wonderful one-night-only premiere screening of *Peace it Together 2006: Reel Perspectives by Palestinian, Israeli and Canadian Youth*. The event, hosted by the Creative Peace Network Society, offers seven films about the Middle East conflict as seen through the lenses of 30 young people. The films are the result of a two-week program on Galiano Island called Peace it Together, where young folks from Israel, Palestine and Canada come together to build trust and create a series of short films. If you're around, check out this wonderful local and global peace-building event. Screening: Aug 20, 7pm, Stanley Theatre, 2750 Granville St. Tickets \$15, Ticketmaster, 604-280-4444, [www.ticketmaster.ca](http://www.ticketmaster.ca) or through box office, 604-687-1644. Email [info@creativepeacenetwork.ca](mailto:info@creativepeacenetwork.ca)

*Ishi graduated from Emily Carr Institute of Art and Design in 2001, with a BFA major in photography. He makes films, collects cacti and ponders many things. Currently, he is trying to figure out what to do with the rest his life. [contactishi@yahoo.ca](mailto:contactishi@yahoo.ca)*

*Waiting to hear echoes back –*

*CBC continued from p.7*

flashback to childhood winters in small town Ontario. I cannot see old episodes of SCTV without remembering my first days living away from home. The CBC, for good or bad, is a part of all our mental furniture. There are several generations of Canadians, who could no more dispense with it than they could their childhood memories. But that's what I fear the most. Degrade our public broadcaster enough, and no one under a certain age will be able to tell the difference between the CBC, CBS, CTV or MTV. As cultural amnesia sets in, fewer and fewer will recall there was ever something worth defending.

Perhaps I'm biased. As a freelancer, I've done a few spots of commentary for both CBC Radio and CBC *News-world*, and found the experience seamless and professional. It was a thrill to sit for the first time in a local broadcast studio for CBC Radio One, a darkened grotto of blinking red

lights resembling something between Admiral Nemo's underwater lair and the bridge of the Enterprise. But that's not my best memory of the CBC.

My most memorable moment was

to the year-end show in Toronto. The line was busy and a daisy chain of calls along the East Coast followed, as Maclean enlisted operators to break through the busy signal. He went so

*The CBC, for good or bad, is a part of all our mental furniture. There are several generations of Canadians, who could no more dispense with it than they could their childhood memories.*

several years ago, driving along the Alaska Highway in 40-below weather. The radio band was a flat expanse of static, with the sole exception a clear signal from CBC Radio North. I listened as the host of *Vinyl Café*, Stuart McLean, dialed a home in Nova Scotia to tell a fan she had won tickets

far as to contact a pizza place in the winner's hometown, asking the delivery guy to relay the message personally. The final attempt to call ended in success, with much excitement from the winning family.

What at first sounded like another quirky CBC bit, stretched past nov-

elty, had become a celebratory shtick, funny and oddly moving at the same time. Through a simple radio signal on a godforsaken stretch of highway, I had been drawn into the lives of Canadians thousands of miles away. How many solitary wayfarers across this vast country were brought together in that moment – and so many others in so many other moments – by a radio signal from across the horizon?

That's the moment when I really fell for the CBC. But more accurately, I fell for the idea behind it, the idealized vision of media bringing a nation's people together, rather than amusing them to death.

For all its flaws and faults, our public broadcaster is our collective binding force. It's our agora, our forum, our national assembly. As such, it's the nation's most important cultural institution, ever. If we don't use it, we lose it. End of story.

[mwiseguise@yahoo.com](mailto:mwiseguise@yahoo.com)



# Canadian humanitarian killed in Afghanistan

BY JOSEPH ROBERTS

Five years ago, Mike Frastacky invited a couple of friends to view his slide show of his recent trip to Afghanistan. We sat around discussing his journey and his dream to rebuild a school for the children of war. He was in love with the land, the history and the people.

Mike was once again saving up his wages from carpentry to return to Afghanistan the following year. He asked me to publish one of his photographs on the cover of *Common Ground* (see November 2001, issue 124), so more people would know about the situation where schools were devastated by wars and homeless orphans lived under blue tarps waiting for relief.

Mike volunteered five years of service to the people of the village where the school was built.

Last month, Mike was murdered in Afghanistan.

Mike Frastacky reminds me of the son of another carpenter. Two thousand years ago, that man taught love and kindness, imploring people to forgive their enemies and those who had forsaken them. He was crucified in the Holy Land because he repre-

sented peace and love for all.

Mike's death comes after Canada's new prime minister staged a news conference from an Afghani military base in support of the US occupation, and on the heels of Israel's recent invasion of Lebanon.

It used to be that Canadians traveling abroad felt safer than Americans because we were respected as peacekeepers. Americans would even sew a Canadian flag onto their backpacks, in order to avoid the anger of many people offended by American imperialism.

Stephen Harper, wittingly or unwittingly, has blurred the distinction between Canadian and US foreign policy, and hence by association, Canadians and Americans. Canada is beginning to be tarred by the same hatred previously directed at Americans. Will all white folks be judged the same, and all foreigners be called Western devils? We as Canadians are now more at risk because of our new government's lack of diplomacy to many members of our global community.

We can be friends of the US, but we do not have to do their bid-

ding. Good friends tell the truth, allow their friends independence and correct them when they feel they have made a mistake. We can be friends of the US without having to adopt their enemies as our enemies. We can continue to work for peace and understanding. Canada is not just against war and violence; we are also for understanding, social justice and friendship.

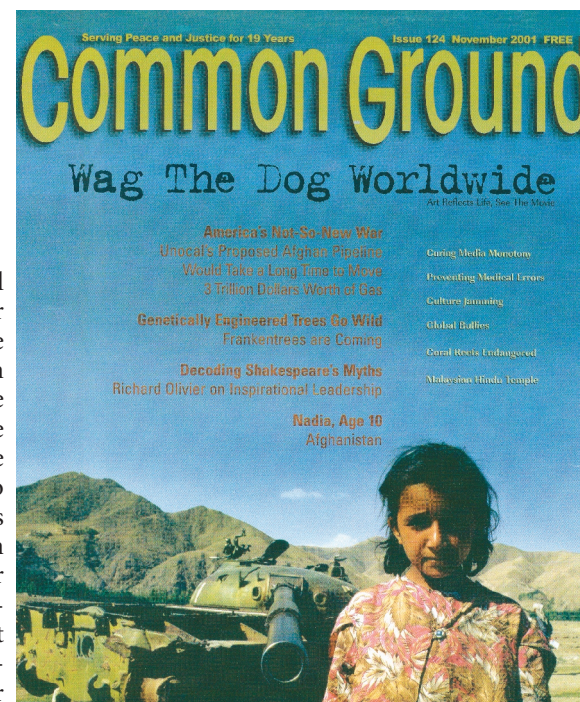
Let us not be drawn in closer to a politic or fanaticism that condones the bombing of cities, and for that matter, innocent human beings. Let us see through the deception of those who profit from war. Let's stop falling for their fear mongering, whether in the name of God, democracy or freedom.

We need to get smart for peace, not dumb for war.

Blessed are the peacemakers for they shall inherit the kingdom of heaven. Mike, thank you for your kind

heart. May you carry the pictures in your soul of all those you loved and helped. May our tears be your medals of honour. Peace.

PS: If this message reaches someone who may be in possession of Mike's slides, please call *Common Ground*. We would like to invite those who are dear to him to contact us, so we can arrange a slide show of his work, in memory of his legacy and as a celebration of his life.



November 2001 cover photo by Mike Frastacky

## Standing up for Canada?

BY DAVID ORCHARD

Since July 13, tiny Lebanon has been pounded by bombs, shells and high tech missiles from land, sea and air. Its coast is blockaded, its airport smashed. Sixty plus bridges have been destroyed; roads, schools, ports, churches, mosques, grain depots, radio, television and telephone towers, ambulances, power stations, fuel depots, a hospital, milk factory, pharmaceutical plant and entire residential city blocks pulverized. Frantic relatives with bare hands try to free those buried alive.

Officially 600 Lebanese civilians are dead as of July 27, one third of them children, thousands wounded, four UN observers killed in their bunker, some 800,000 rendered homeless. The numbers are rising daily.

A million tourists, expats and "snowbirds," including roughly 50,000 Canadians, were trapped in the country. Twenty fleeing civilians were burned alive by Israeli missiles after being ordered from their homes. The Israeli government stated that the bombardment of its neighbour

is a reaction to the capture of two of its soldiers by Hezbollah guerrillas operating from Lebanon, and that its operations will continue indefinitely. Seventeen Israeli civilians have been killed by shells fired from Lebanon after Israel began bombing.

The Lebanese prime minister begs for international intervention saying his country has suffered "unimaginable losses" and is being "ripped to shreds." UN emergency relief coordinator Jan Egeland, called the bombing "horrific" and "a violation of humanitarian law." UN Secretary General Kofi Annan demands an immediate ceasefire: "The excessive use of force is to be condemned. Israel's disproportionate use of force and collective punishment of the Lebanese people must stop."

UN High Commissioner for Human Rights Louise Arbour issued a warning concerning war crimes. "International law demands accountability. The scale of killings in the region, and their predictability, could engage the personal criminal respon-

sibility of those involved, particularly those in a position of command and control."

Canada is a charter member of the United Nations with a long, active history in international affairs, peacekeeping and mediation. The recently-elected Conservative minority government entered office promising to "stand up for Canada."

With 50,000 Canadians in harm's way what has been our government's response? Canada's new UN ambassador, John McNee, told the UN Security Council that Israel's action in Lebanon "was an exercise in its right to self-defence." Foreign Affairs Minister Peter MacKay refused point blank to endorse the secretary general's call for a ceasefire. Prime Minister Stephen Harper stated: "Israel's response, under the circumstances, has been measured." He announced that it was "too early" to call for a ceasefire. These words, in essence, signaled a green light from Canada for the bombing to continue.

Eight visiting Canadians, including

four children, were killed by Israeli bombs in Lebanon so far. The Canadian government made no protest. Is this Mr. Harper's idea of "standing up for Canada?"

Anyone can understand the difficulty of putting together a mass evacuation under bombardment; what cannot be understood, or forgiven, is the refusal of our government to demand an end to the hostilities creating the chaos and suffering.

The Harper government's abject response to the murder of Canadians and its refusal to demand an end to the bombing constitutes an abandonment of its duty to protect Canadians and to defend the rule of law on behalf of all humanity.

If one ignores the fact that 400,000 Palestinians, driven from their land, have been stuck for decades in refugee camps in Lebanon; that Israel routinely crosses borders, captures and assassinates Palestinians, including elected leaders; that it has more than

*continued on p.31*



continued from p.10

cism you could level equally at most tests of patented antidepressant therapies in use today.

In April 2001, drug giant Pfizer, which sells sertraline (Zoloft), funded a study that compared its drug to St John's Wort extract and placebo in 200 patients over eight weeks. It found, surprise, surprise, that St John's Wort "failed to produce significant differences vs. placebo." Time to jettison St. John's Wort? Not yet.

A year later, a study which tested remission for severe depression found the placebo beat both St John's Wort and Zoloft, and another study with 375 patients showed that St John's Wort "produced significantly greater reduction" in depression scores over the comparators. You can imagine which study would more likely be presented to our doctors during after dinner talks or dropped off at physicians' offices by those thousands of drug reps. The message is out and driven home by repetition: St. John's Wort bad; Zoloft good.

Another way to make the alternatives look bad is through skewing the research of those alternatives. In the words of Dr. Bell, who sums up the state of research in vitamin therapies, "If you want to show something doesn't work, then use too small a dose, for too short a period, on a condition where any effect would be modest at best, slow to be achieved, and require largish amounts of the substance in question. The results,

often, are a foregone conclusion."

Recently, there has been a spate of meta-analysis studies (studies that look at an overview of a body of studies), which has shown vitamin therapies to be losers. One recent meta-analysis of vitamin E included nearly 20 studies, all of which were positive for the vitamin's benefits for cardiovascular disease. However, two of the studies included were negative, and in the magic of statistical re-analysis, the weight of those two negative studies tipped the balance in favour of an overall negative result. Message to doctors? Forget vitamin therapies.

I felt I was getting warmer and wanted to see what has been done in terms of basic research on alternative therapies. I only had to travel a few kilometres to visit Dr. Abram Hoffer, who runs the Orthomolecular Vitamin Information Centre down on Quadra Street in Victoria. ([www.orthomolecularvitamincentre.com/](http://www.orthomolecularvitamincentre.com/))

Now in his late eighties, Hoffer is one of the true granddaddies of orthomolecular medicine. One of his key contributions to medical knowledge is his research in using large doses of vitamins to treat people with mental illness. He tells me he's successfully treated thousands of schizophrenic patients, of whom 85 percent are "normal" after two years of treatment. By "normal" he means that his patients are returning to productive lives within society, able to do productive work, have relationships and so on.

As well as vitamin therapies (as

opposed to toxic drugs), Hoffer saw better housing and decent nutrition as important in treating schizophrenia. How Dr. Hoffer's treatments would fare against what is now standard schizophrenia therapy – widely-prescribed, very powerful and somewhat toxic anti-psychotic drugs, which patients sometimes stay on for life – is hard to say given that those comparative studies have not been done.

As someone who has worked from the margins of medicine for nearly five decades, Hoffer stands as an important researcher in a field that has essentially been sidelined and marginalized by orthodox medicine. Even with Pauling's high profile (he is the winner of two Nobel Prizes) as a drawing card, orthomolecular medicine has never seen the light of day in orthodox circles. Just ask anyone who treats cancer patients or schizophrenics whether they would consider using high-dose vitamin therapy and they will likely look at you as if you're some kind of quack. And they will then say that there's no evidence for those therapies. End of story.

Hoffer admits that most physicians believe nutrition plays a large part in the healing arts, but he knows that the average medical school curriculum is almost entirely deficient in any education on nutrition, other than perhaps a few hours over four years of medical training. By contrast, he notes that naturopathic doctors spend about 30 percent of their education studying nutrition. Dr. Bell also echoes the deficiencies in current medical training, noting that other potentially important aspects of health, such as exercise and environmental influences, are simply not taught at all.

While most physicians might dismiss alternative medicine as something that lacks a solid base of research, there is, in fact, decades of research out there, much of which doesn't see the light of day in today's medical schools. Hoffer, for example, started doing the first double-blind placebo studies using vitamin B, also known as niacin (three grams per day), to treat schizophrenia in 1952. Unfortunately, he began this research at a time when the new forms of powerful psychiatric drugs were just being developed by pharmaceutical firms and enthusiastically embraced by psychiatrists as the "modern" way to treat severe mental disturbances.

But surely alternative medicine gets published and exposed to the anvil of peer review, or criticism from peers, to separate the base metals from scientific gold. For some commentary on the published science around orthomolecular medicine, I go back to Andrew Saul.

Saul confirms that Hoffer was considered an early threat by the pharmaceutical establishment and that as he started to publish his research, the psychiatric profession basically closed

ranks behind him.

"They wanted to make sure that this upstart wouldn't produce any conflicting treatments," Saul tells me, adding that although Hoffer's early research was published, "he was warned from psychiatry that he would never publish again." Hoffer then started his own journal.

Similarly, there may be other methods that continue to sideline alternatives, such as orthomolecular practitioners. Hoffer's *Journal* has been published for 39 years, but it has never been indexed on *Medline*, the world's premier medical journal index.

If one wants their research exposed to the big leagues, getting their journal indexed on *Medline* is vitally important, as that's where all the serious medical literature is indexed and stored. *Medline* is considered the world's medical "Library of Record," where medical researchers can conduct quick and precise searches through an exhaustive repository of millions of journal articles.

Yet it appears that after five attempts, the National Library of Medicine in the US, the body that runs *Medline*, continues to refuse to index Hoffer's *Journal of Orthomolecular Medicine*. Why?

Andrew Saul would say this is the smoking gun I am looking for: clear evidence of an organized effort on behalf of the drug industry to dismiss and disallow alternative medicine by not allowing the *Journal of Orthomolecular Medicine* (JOM), which contains nearly four decades of peer-reviewed science, into its club.

Saul says point-blank that the "National Institutes of Health are in bed with Big Pharma" and that "there is so much health research money from Pharma, that they pretty well have a lock-step on what is considered good research and what is considered bad. He maintains that institutionalized medicine is actively biased against vitamins and points to JOM being continually rebuffed by *Medline* as clear evidence of bias.

Another researcher, Dr. Steven Hickey from Manchester in the UK, has dug into the *Medline* conundrum, trying to verify Saul's claims.

Hickey tried to submit an application to index JOM, stating that his application was "aimed at testing your [Medline's] responses and, in that, Medline has failed rather miserably. Medline is filtering out important information concerning people's health on the basis of prejudice and profit for the pharmaceutical companies. The result is that people will be unnecessarily sick and will die."

In the course of his application, Hickey wrote to Sheldon Kotzin, the administrator who oversees the committee that indexes journals for *Med-*

continued on p.31



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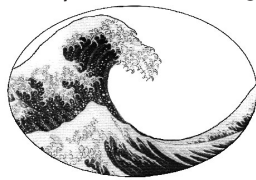
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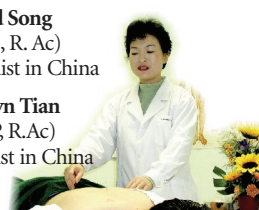
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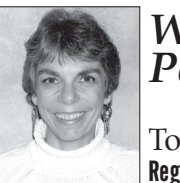
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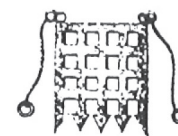


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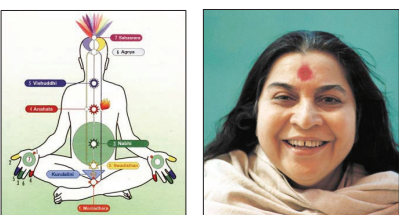


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*Cassels continued from p.24*

line, complaining that the committee is biased by its very nature. He noted: "The appropriate metaphor is this: if the prosecutor chooses the jury, the result can be a foregone conclusion." Despite being given ample opportunity, Kotzin didn't reply to these accusations.

Some might say that the tug-of-war is between a journal that believes it deserves recognition from the medical community and the gatekeepers of that community, who decide that membership is a private matter. Is this the smoking gun that delivers the clearest evidence yet of systematic bias?

There is no doubt that bias is at work everywhere, especially from within the conventional medical community, which sees itself as waging perpetual war against quackery. But what is maintaining that status quo? Bell maintains that there is an inherent bias in conventional medicine against "unproven" complementary and alternative medicine (CAM) approaches. He points to a most interesting study in Germany that may provide some of the strongest evidence of bias yet. A randomized, controlled study of reviewer bias against an unconventional therapy carried out in Bad Elster, Germany, was designed to test the hypothesis that experts, who review papers for publication, are prejudiced against an unconventional form of therapy.

The investigators produced version A and B of a short report relating to treatments of obesity, which were

identical except for the nature of the intervention. Version A related to an orthodox treatment, version B to an unconventional treatment.

The investigators found that the reviewers, unaware that they were taking part in a study, were three times more likely to favour the orthodox version of the paper and rate it as acceptable. The researchers conclude: "Authors of technically good unconventional papers may therefore be at a disadvantage in the peer review process." The researchers maintained that this obvious bias in the minds of reviewers shouldn't preclude publication of their work in peer-reviewed orthodox journals, a somewhat laughable assertion given the nature of the evidence they just discovered.

A final point needs to be made about how the promoters of alternative medicine tend to get lambasted by the medical orthodoxy. Just last May at a meeting of the World Health Assembly in Geneva, Prince Charles gave a speech promoting complementary medicine, saying that Britain's National Health Service needs to pay for some proven alternative treatments.

This prompted a stinging rebuke from the dyed-in-the-wool medical orthodoxy. A group of 13 scientists, which included some of the most eminent names in British medicine, stated in a letter that they objected to the National Health Service paying for these CAM remedies.

The scientists wrote: "Public funding of unproven or disproved treat-

ments, such as homoeopathy and reflexology, which are promoted by the Prince, are unacceptable while huge NHS deficits are forcing trusts to sack nurses and limit access to life-saving drugs."

It's pretty clear that this is not about what works, but rather what will be paid for. In order for orthodox medicine to survive, it must essentially ensure the competition doesn't receive funding. And at least in BC, which in recent years has been reining in the funding for alternatives, this is essentially what is happening.

Back to my original hypothesis: orthodox medicine is shunting aside alternative medicine. But where's the smoking gun?

I don't think there is one. This is a situation where "death through a thousand cuts" means that alternative medicine will continue to be marginalized. There is much prejudice, bias and outright ignorance on behalf of the medical community against those treatments that don't fit the pharmaceutical mold. And it is increasingly clear that overlooked medicines are largely being kept out of our reach.

*Alan Cassels is co-author of Selling Sickness: How the World's Biggest Pharmaceutical Companies Are Turning Us All Into Patients, and a drug policy researcher at the University of Victoria. He is also the founder of Media Doctor Canada ([www.mediadoctor.ca](http://www.mediadoctor.ca)), which evaluates reporting of medical treatments in Canada's media.*

*Orchard continued from p.23*

9,000 Palestinians in its jails, including some with Lebanese citizenship; and if one accepts Harper's thesis that Hezbollah is a terrorist organization, then a comparison could be made with Britain responding to the capture of two of its soldiers by the IRA in Northern Ireland by reducing Dublin's airport and the rest of Ireland's infrastructure to rubble. Who could defend that as a "measured" response?

Gideon Levy, writing in the Israeli newspaper *Haaretz*, said, "In Gaza, a soldier is abducted from the army of a state that frequently abducts civilians from their homes and locks them up for years without a trial - but only we're allowed to do that. And only we're allowed to bomb civilian population centres."

Our government in Ottawa has, whether for reasons of religion or ideology, sided uncritically with a foreign government, in this case Israel's, at the expense of our own national interests as Canadians and law-abiding members of the world community.

*David Orchard is author of The Fight for Canada - Four Centuries of Resistance to American Expansionism. A farmer from Borden, Saskatchewan, he ran twice for the leadership of the former Progressive Conservative Party of Canada. 306-652-7095. [davidorchard@sasktel.net](mailto:davidorchard@sasktel.net) [www.davidorchard.com/](http://www.davidorchard.com/)*



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**Music of the Whole World** by the Vancouver Inter-Cultural Orchestra: Six-part series presented by the Vancouver Public Library. Aug 9: Scottish Highland Pipes & Japanese Taiko Drums, VPL, 350 W. Georgia, 7pm. Free. See [www.vi-co.org](http://www.vi-co.org) for full schedule.

### AUG 8-13

**International Gestalt Therapy Conference** is coming to Vancouver. Over 50 workshops, 12 hour process groups and therapists from around the world will be gathering at U.B.C. Register for 1-4 days. For info [www.aagt.org](http://www.aagt.org)

### AUG 12

### Shamanic Drumming & Dreaming Circle/Workshop:

7pm. Learn to experience Insight and Healing from your spirit guardians. Vancouver Multi-Cultural Centre, 1254, W. 7th. By donation. Turtle Island Healing Circles. 604-418-9636. [www.drumcircles.ca](http://www.drumcircles.ca)

### AUG 12-13, & 26-27

**Quantum Healing: Awaken your soul and enlighten your spirit.** A two-day seminar of self-awareness and energy healing. In Red Deer: Aug 12-13. In Vancouver: Aug 26-27. Both seminars 9am-6pm. [www.Quantum-Healing.name](http://www.Quantum-Healing.name)

### AUG 20

**Experience a BodyTalk Session!** \$20 donation. All net proceeds to charity. BodyTalk Vancouver monthly Community Clinic, downtown Vancouver. See display ad below. Sunday, 11am-4pm. By appointment only, 778-389-7909, [info@bodytalkvancouver.com](mailto:info@bodytalkvancouver.com)

### AUG 20

**Peace It Together 2006:** Reel Perspectives by Palestinian, Israeli and Canadian Youth. Seven films about the Middle East conflict as seen through the eyes of 30 young people. 7pm, Stanley Theatre, 2750 Granville. Tickets \$15/Ticketmaster, 604-280-4444 or box office, 604-687-1644.

### AUG 20

**Latin Summer Festival 6:** 11-7pm, Trout Lake park, (Victoria at 15<sup>th</sup>). Admission by donations. Family event. [www.latinsummerfest.com](http://www.latinsummerfest.com)

### AUG 20

**Urban Green Public Meeting on co-housing:** 3-5pm, George Mackie Library, North Delta. Brent Unrau, 604-502-8558 or Bob Warnock, 604-594-0803. [www.theurbangreen.ca](http://www.theurbangreen.ca)

### AUG 26

**Come to the Biggest Garage Sale ever:** Support the Arthritis Society, 9:30am-3pm, \$2 admission, 801 West 22nd Ave., Douglas Park Community Centre.

### AUG 26

**Habitat Canada with Scott Adams** presents an intro to Adams' proposed, new, federal political party, Prosperity Party of Canada. 8pm, SPEC,

2150 Maple Street, 604 682-3269, Ext. 7058. Arrive early.

### SEP 1-3

**Wayne Liquorman (Ram Tzu), Advaita teacher,** student of Ramesh Balsekar, and author of No Way: For the Spiritually Advanced and Never Mind presents talks on SaltSpring Island. 250-538-8274 or [sidfilkow@yahoo.ca](mailto:sidfilkow@yahoo.ca)

### SEP 5

**Conversations with God Canadian premiere screening,** one night only. Special guest appearances by Neale Donald Walsch and Stephen Simon, filmmaker and Spiritual Cinema founder. 6:30pm, Park Cinema, 3440 Cambie. Tickets \$20, \$19/students & seniors, available at Banyen Books or [www.festivalcinemas.ca](http://www.festivalcinemas.ca)

### SEP 5-OCT 2

**Prana Yoga College: Instructor Program** (Sept 5-Oct 2) in Vancouver & in Thailand, Jan/07. Advanced Teacher Training Oct 4-31, Vancouver. 604-682-2121 or [www.pranayoga.com](http://www.pranayoga.com)

### SEP 8-10

**HH the Dalai Lama visits Vancouver:** Hosted by the Dalai Lama Center for Peace and Education. Sep 8: Educating the Heart, at the Orpheum. Sep 9: public talk on Cultivating Happiness, GM Place. Also Sep 9: Happiness and Stress as Determinants of Mental Health, at the Orpheum. Tickets through Ticketmaster, 604-280-4444 or [www.ticketmaster.ca](http://www.ticketmaster.ca)

### SEP 9-12

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### SEP 10

**Angel Readings from Doreen Virtue: Goddesses & Angels 2006 Tour,** Vancouver Convention & Exhibition Centre, 10am-5pm. Live Angel Readings. Space limited. Register at 800-654-5126 or

at [www.angeltherapy.com](http://www.angeltherapy.com)

### SEP 17

**Introduction to Meditation:** Free course hosted by Po Lam Buddhist Association. Vegetarian lunch provided. 46350 Prairie Central Road (at Velma Avenue), Chilliwack. Registration: [www.polam.ca](http://www.polam.ca) or 604-376-3387.

### SEP 23-27

**Highly Sensitive People Gathering Retreat:** Come explore this trait with other HSPs at The Haven Resort, Gabriola Island. Register [www.lifeworkshelp.com/hspgathering.htm](http://www.lifeworkshelp.com/hspgathering.htm) For more info, call 250-813-0439, Neil.

### SEP 29-30

**Journeys Through Nine Dimensions:** Pleadian Agenda Activation with Barbara Hand Clow and Gerry Clow. Cdn. Mem. Centre for Peace. \$140 @ Banyen or call Deborah, 604-818 5987.

### SEP 30

**Lift your Spirit Meditation Class:** Instructor Pamela Keffer, 20 years experience, Beginners welcome. Saturday, 11-3pm, North Van. \$50. Bring a friend, 2 for 1 price. Call 778-840-1014.

### OCT 27-29

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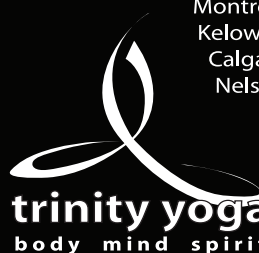
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WOMEN INSPIRING WOMEN/ GODDESS RETREAT: Speakers, Healers, Networking, September 22-24, \$325/\$250, Vancouver Island. [www.wisdomwithin.ca](http://www.wisdomwithin.ca) [gailhull@shaw.ca](mailto:gailhull@shaw.ca) 250-479-2801.

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# Hummingbird lore

COMPILED BY SONYA WEIR

To understand the concept of Native American medicine, one must redefine medicine as anything that improves one's connection to the great mystery and to all life. This would include the healing of body, mind and of spirit. This medicine is also anything which brings personal power, strength and understanding. It is the constant living of life in a way that brings healing to the Earth Mother and to all of our associates, family, friends and fellow creatures. Native American medicine is an all-encompassing "way of life," for it involves walking on the Earth Mother in perfect harmony with the universe.

Our fellow creatures, the animals, exhibit patterns that will relay these messages of healing to anyone astute enough to observe their lessons on how to live. When you call upon the power of an animal, you are asking to be drawn into complete harmony with the strength of that creature's essence.

Hummingbird is associated with the Ghost Shirt religion, which taught that a certain dance done properly would bring about the return of the animals. Once again the Original People would know the joy of the old ways. In Mayan teachings, Hummingbird is connected to the Black Sun and the Fifth World. Hummingbird can give us the medicine to solve the riddle of the contradiction of duality.

The song of Hummingbird awakens the medicine flowers. Hummer sings a vibration of pure joy. Flowers love Hummingbird because nectar sucking brings about the reproduction of their families. Plants flower and live because of Hummingbird.

Hummingbird can fly in any direction – up, down, backwards and forwards. Hummingbird can also hover in one spot and appear to be motionless. Great Spirit created Hummingbird to be slightly different from other feathered creatures.

Because of their magical qualities, Hummingbird feathers have been used for a millennium in the making of love charms. It is said that Hummingbird conjures love as no other medicine does, and that Hummingbird feathers open the heart. Without an open and loving heart, you can never taste the nectar and pure bliss of life. To Brother and Sister Hummingbird, life is a wonderland of delight – darting from one beautiful flower to another, tasting the essences and radiating the colours.

Hummingbird holds the Bow of Beauty, which is delicately inlaid with gold and silver flowers, pearls and precious jewels. Hummingbird disdains ugliness or harshness, and

quickly flies away from discord or disharmony.

Hummingbird hears celestial music and is in harmony with it. Hummingbird energetically embraces the highest aesthetics. Never be coarse in front of Hummingbird, for this is a fragile medicine, which may have no understanding of worldly affairs. Beauty is the target, and Hummingbird's mission is to spread joy or to be destroyed. Hummingbird quickly dies if caged, caught or imprisoned.

Follow Sister Hummingbird and you will soon be filled with parox-



ysms of joy and experience a renewal of the magic of living.

*From Medicine Cards: The Discovery of Power Through the Ways of Animals by Jamie Sams and David Carson. Copyright 1999 by the authors and reprinted by permission of St. Martin's Press, LLC, www.stmartins.com*

## Legends

The northern Paiute Indians say that Hummingbird once filled his pants full of seeds and started on a journey to see what was beyond the sun. He ate only one seed a day, but had to turn back because his food gave out. He didn't see anything.

Since pre-conquest times, the hummingbird has been considered by many Central American peoples to have supernatural powers. There is a common, widespread belief that hummingbirds hitch a ride in the feathers of much larger birds – Canada geese and the like – during their migrations. A brief account in the Argentinean legend *One More Point Than the Devil* shows that the belief, or a related belief, also exists in Argentina.

The tale tells the adventures of the three sons of a poor farmer. Tired of being poor, the boys, starting with the eldest, go forth to seek their fortune. One by one, they enter service with the Devil only to be dismissed for being unable to accomplish the tasks set them. Eventually Sulca, the youngest son, succeeds but expects to have a battle of wits with the Devil. One

of the battles that transpires entails shapeshifting, and when the following account opens, Sulca is in the shape of a horse.

"The horse jumped into the water and changed himself into a catfish. The Devil jumped after him and changed himself into a gilthead. The gilthead set to work to chase the fish, and was about to seize it when the catfish, having reached the other shore, turned into a deer that began to run over the mountain.

The gilthead came out of the lake and turned into a hound, which started running at full speed after the deer, but when the hound was on the point of catching it and tearing it to pieces, the deer changed into a dove. Then the hound became a hawk, which

soared up into the sky after its prey.

When the dove tired, it turned into a hummingbird and took refuge in the feathers of an eagle flying by. The hawk then turned into a condor, and the condor, lifting himself up to the clouds, followed the eagle until he overtook him.

The two began to fight, and as they passed over a very high tower, the hummingbird slipped away from the eagle's feathers and flew into a window. When the condor tried to squeeze after the hummingbird, Sulca, returning suddenly to his normal shape, shouted, "The cross, Devil!" and the enormous condor vanished like smoke in the wind." Which is not the end of the tale, the whole of which can be found in *Folk Songs and Stories of the Americas* published by the Pan American Union, Washington, 1937.

*Reprinted with permission from The British Columbia Folklore Society, 7345 Seabrook Road, Saanich, BC, 250-652-7614. www.folklore.bc.ca/Hummingbirds.html.*

## Facts

Hummingbirds are restricted in distribution to the New World, where the greatest variety and number of species occur in South America. About 12 species are found regularly in the US and Canada. Only the ruby-throated hummingbird (*Archilochus colubris*) breeds in eastern North America, where it is found from Nova Scotia to Florida. The northernmost hummingbird is the rufous (*Selasphorus rufus*), which breeds from south-

eastern Alaska to northern California.

All hummingbirds are small and many are minute. Even the largest, the giant hummingbird (*Patagona gigas*) of western South America, is only about 20 cm (eight inches) long, with a body weight of about 20 g (2/3 ounce), less than that of most sparrows. The smallest species, the bee hummingbird (*Mellisuga, sometimes Calypte, helenae*) of Cuba and the Isle of Pines, measures slightly more than 5.5 cm, of which the bill and tail make up about half.

Hummingbirds have compact, strongly muscled bodies and rather long, bladelike wings that, unlike the wings of other birds, articulate (connect) to the body only from the shoulder joint. The architecture of the wing permits hummingbirds to fly not only forward, but also straight up and down, sideways, backward and to hover in front of flowers as they obtain nectar and insects. The rate at which a hummingbird beats its wings is the same during directional and hovering flight. The ruby-throated hummingbird has a wing-beat rate of about 70 per second in the male and about 50 per second in the female.

The sexes are alike in appearance in only a few species; males display a variety of brilliance and ornamentation rivalled only by the bird-of-paradise and certain pheasants.

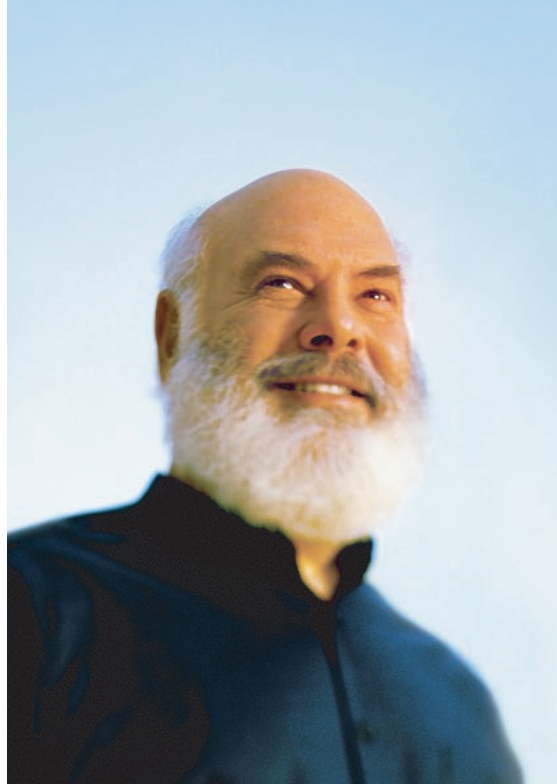
Most of the species that have been adequately studied do not show pair-bond formation. In the violet-ears (*Colibri*) and a few others, pair bonds are formed and both sexes assume parental duties. In the majority of other species, the male defends a territory, where he displays in flight to passing females with swoops, dashes and sudden stops and starts. Often, he hovers in front of the female, oriented so that the light reflects the colour of his gorget. Most hummingbirds, especially the smaller species, have scratchy, twittering, or squeaky songs. In many species the tail feathers produce the sounds.

The hummingbird's nest is a tiny cup of plant fibres, spider webs, lichens and moss that is attached to a branch, a forked twig, a large leaf, or a rock ledge.

The two elliptical white eggs (rarely, one) are the smallest laid by any bird, although, proportionately, they are equal to about 10 percent of the female's body weight. They are incubated for about 15 to 20 days. The young, hatched blind and virtually naked, are fed by regurgitation and fledge in about three weeks; the time from laying to fledging apparently is correlated with food supply.

*Reprinted with permission from Greenway Blooming Centre and butterfly conservatory, 2000 Shantz Station Road, Breslau, Ontario, 519-648-2328. www.greenwaybloom.com/HUMMINGBIRDS/hum\_didyouknow.html*





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